

OTTAWA

metro


NEWS
WORTH
SHARING.

GRANNIES DROP GITCH TO PAY THE RENT

UNITARIAN HOUSE OF OTTAWA RELEASES RACY SENIORS CALENDAR

PAGE 6



It was all for the imaginary baby

Accused in murder trial says he needed money for his girlfriend's unborn child (even though she said she wasn't pregnant)

PAGE 4

How low can they go?

Final touches put on new H&M Ottawa store as Swedish retailer goes super cheap with its opening deals

PAGE 8

Canada and EU set to ink free trade deal

Cheese for beef and pork products. Harper to travel to Brussels to conclude agreement

Canadian Prime Minister Stephen Harper plans to travel to Brussels on Thursday to conclude a free trade deal with the European Union.

An EU official said the European Union and Canada hope to conclude the free trade deal in the "coming days," and promise of an imminent free trade deal was included in the speech from the throne in Ottawa Wednesday.

"Discussions are indeed continuing at the highest level between the EU and Canada towards a comprehensive free trade deal — with the hope to conclude the negotiations in the coming days," EU Trade spokesman John Clancy said in an email.

Harper posted on his official Twitter account that Canada

will "soon" complete negotiations. A spokesman for Harper said the prime minister will fly to Brussels on Thursday. An agreement-in-principle is expected to be concluded Friday by Harper and European Commissioner Jose Manuel Barroso.

Yves Leduc, director of international trade for the Dairy Farmers of Canada, said he's been told by a Canadian government official that an agreement in principle has been reached and that the European Union's 28 members and Canada's 10 provinces have to approve it.

Canada has agreed to permit a doubling of the EU quota on cheese exports to Canada in exchange for greater access for Canadian beef and pork producers. Leduc said Canada's cheese industry is angry because it threatens the fine cheese market in Canada.

"For the dairy farmers of Canada this is a deal that is unacceptable. We're more than disappointed," Leduc said.

THE ASSOCIATED PRESS

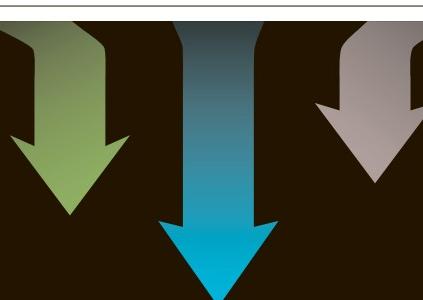


SUSPICIOUS PACKAGE NEUTRALIZED

Ottawa police and bomb-squad members confer outside the Langevin block, home to the Prime Minister's Office, which was evacuated along with neighbouring buildings Wednesday as police spent several hours probing a suspicious package. One man was taken into custody in the incident, which came ahead of the speech from the throne. Police ultimately determined the briefcase-size object was safe after neutralizing it with a robot. For more coverage on the speech from the throne see page 10. SEAN MCKIBBON/METRO

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(statistic from HungerCount 2012 Report)



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Travel Industry Council of Ontario

Heron Transit station

New drawing of sex-assault suspect released

Ottawa Police today released a new composite drawing of the suspect in a sex assault near the Heron Transit station.

On Oct. 7, a 25-year-old female was walking from the Heron Transitway Station to Aldea Avenue near the intersection of Lasalle Street when a male grabbed her from behind, dragged her into nearby bushes and sexually assaulted her, police said. The suspect fled and the victim was helped by two men who were driving by. The victim was treated at a local hospital and released. The suspect is described as around six feet tall and in his 20s with a medium to athletic build and short dark hair.

"As with any composite drawings it is important to remember that they are not portraits of the suspect," said Staff Sgt. Angela McDade. "The drawing encompasses various features of the subject as described by the person providing the description. The artist's rendering is being released to prompt potential witnesses to come forward with information if they have encountered someone who they believe fits the description." Anyone with information should call police at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477. DENIS ARMSTRONG/METRO



New drawing of the suspect
COURTESY OF OTTAWA POLICE



City moves to make rail crossing safer

Investigation ongoing.
New safety measures to be enacted by Thursday, even before Transportation Safety Board concludes probe of deadly crash

New interim safety measures will be implemented almost immediately at the site where an OC Transpo bus and VIA train collided, killing six people and

injuring dozens last month, the city's Transit Commission announced.

But a Transportation Safety Board's (TSB) investigation into what caused the crash and recommendations to prevent future crashes could take a year to complete.

Last Friday Transit Commission chair Diane Deans and other city and transit officials, met with representatives from VIA Rail, Transport Canada, the Coroner's office and TSB officials for a technical briefing, where they were given a confidential TSB document.

Chris Krepski, a TSB spokesperson, said the document contained "factual observations," based on a re-enactment of the crash that was conducted Sept. 28. Krepski said the document was, "shared as an FYI." He said he couldn't release the name of the document, but said it did not include recommendations.

"No analysis has been done yet because the investigation is ongoing," Krepski added.

The new safety measures announced Wednesday include trimming and removal of vegetation that obstructs sight-lines, an advanced warning signal,

reducing traffic speeds on Woodroffe Avenue to 50 km/h in both directions, and enhancing signage in the part of the Transitway near the crash site, city manager Kent Kirkpatrick said at the Transit Commission meeting.

"TSB investigators told us it could be as long as a year before they have a final report with recommendations," Coun. Deans said.

The interim safety measures are not based on TSB recommendations, since none have yet been made, Deans said.

MOLLY AMOLI K. SHINHAT/FOR METRO

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NEWS

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Admitted shooter's baby story a fabrication: Crown

Michael Swan murder.
 Accused in fatal armed robbery clashes with prosecutor as lawyer looks to reduce charge

 JOE LOFARO
 joe.lofaro@metronews.ca

A man accused of first-degree murder in the fatal shooting of Michael Swan testified Wednesday that he went ahead with a planned robbery because he was convinced he needed money for his girlfriend's unborn child — even though she had told him that she wasn't pregnant.

Text messages exchanged between Kristopher McLellan, 24, and his girlfriend — in which she denied being pregnant — in the weeks leading up to the Feb. 22, 2010 home invasion that led to the killing, were shown to the jury.

But McLellan testified she was bluffing.

"She was just trying to get me upset," he said, adding that she believed he had cheated on her. "She was still pregnant."

McLellan was without a job, going to school, had

a baby on the way and was in need of cash around the time of the home invasion, he testified Tuesday. The jury also heard his girlfriend was a mother to another child from a previous relationship.

Crown prosecutor Mark Moors told court Wednesday that McLellan thinking of his girlfriend's unborn child right before committing a home invasion "was just a fabrication."

"Obviously, she is saying she is not pregnant," said Moors.

McLellan, Kyle Mullen, 23, and Dylon Barnett, 22, are facing first-degree murder charges after the home invasion on Moodie Drive. Swan was a known seller of marijuana, and McLellan drove from Toronto to steal Swan's drugs and money, the jury heard.

Barnett will be tried for murder in 2014.

McLellan's lawyer told the jury his client shot Swan, 19, unintentionally and he should be convicted of the lesser offence of manslaughter.

The Crown says the shooter did not have to point a loaded handgun at Swan in the first place because Swan and other victims were no match against the three intruders, two of whom were



Michael Swan is seen with his pet dogs in this undated Facebook photo. The 19-year-old was fatally shot on Feb. 22, 2010. FACEBOOK

Robbery gone wrong?

"I just wanted to scare him so he would tell us where the stuff was and we'd leave."

Kristopher McLellan, who is charged with first-degree murder in the death of Michael Swan

armed with guns.

"No one was a threat, no one was brandishing a weapon, they all did what

you ordered them to do,"

said Moors. "You did not even have to point the gun at Michael Swan because he was

not a threat."

McLellan disagreed, telling the jury that he didn't know what he was thinking and that it all happened so fast.

"I just wanted to scare him so he would tell us where the stuff was and we'd leave," said McLellan.

McLellan also disagreed with Moors's suggestion he

shot Swan because he didn't get the answer he wanted when he repeated his demands for the location of the money and drugs. After shooting Swan, the three intruders made off with cell phones, laptops, video games, cash and marijuana.

The Crown is expected to begin closing arguments on Oct. 21.

"When looking for wisdom on big questions, I turn to either the Bible or Red Green."

Ken Gallinger, ETHICALLY SPEAKING columnist, Toronto Star

"Fifty shades of Red Green."

Anonymous

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Saucy new calendar of ... grandma?



The cover of the The Naked Truth 2014 fundraising calendar put out by residents of the Unitarian House of Ottawa. The calendar is looking to raise money for seniors struggling to pay for their housing.

COURTESY KATIE MULROONEY

A wrinkle in time.

Effort aimed at helping seniors struggling to make ends meet

MOLLY AMOLI K.
SHINHAT
[ottawa@metronews.ca](#)

There's been volleyball teams, firefighters, Playboy centrefolds and now there's a new wrinkle in the naked pin-up calendar genre — a group of Ottawa senior citizens is selling one.

For their annual fundraiser, Unitarian House of Ottawa (UHO) residents decided it was time to take a bit off — a bit of clothing, that is — to illustrate how older seniors are outliving their money.

For \$15, you can buy — if you dare — The Naked Truth 2014, a fundraising calendar that features 12 months of saucy photos featuring UHO residents taken by photographer Katie Mulrooney.

"It's a great way to raise money to help people struggling to afford to continue to live here to stay in a place they consider their home," 72-year old Alice Bushe said. She is UHO's librarian and a resident.

Bushe was inspired by the 2003 Hollywood film, Calendar Girls, starring Helen Mirren.

In the movie, members of a North Yorkshire Women's Institute decide to shoot a risqué calendar to raise money for a local hospital after one of their own loses her husband to leukemia.

"It was a bit like herding cats," Bushe said, of the six months it took to put it all together. She appears in the calendar in the UHO library with some strategically placed books.

The UHO is a nonprofit, registered charity that provides housing for seniors who do not need to live in a nursing home. Founded in 1984, it provides 24-hour nursing care and has 68 independent apartments and

Cost of living

\$2,955

Cost of one month's rent at senior housing residence Unitarian House of Ottawa

45 units on its retirement floors.

It's home to more than 100 people.

Seven years ago there were more than 700 people on the waiting list, Christina O'Neil, UHO's executive director, said.

"I had to shut the list down," she said. Today the list still has more than 300 people.

Six people living in the residence need financial assistance to pay the \$2,955 a month rent, O'Neil added.

Almost half the calendar's 1,000-copy print run has already sold.

Calendars are available at the UHO at 20 Cleary Ave. or through [unitarianhouse.ca](#).

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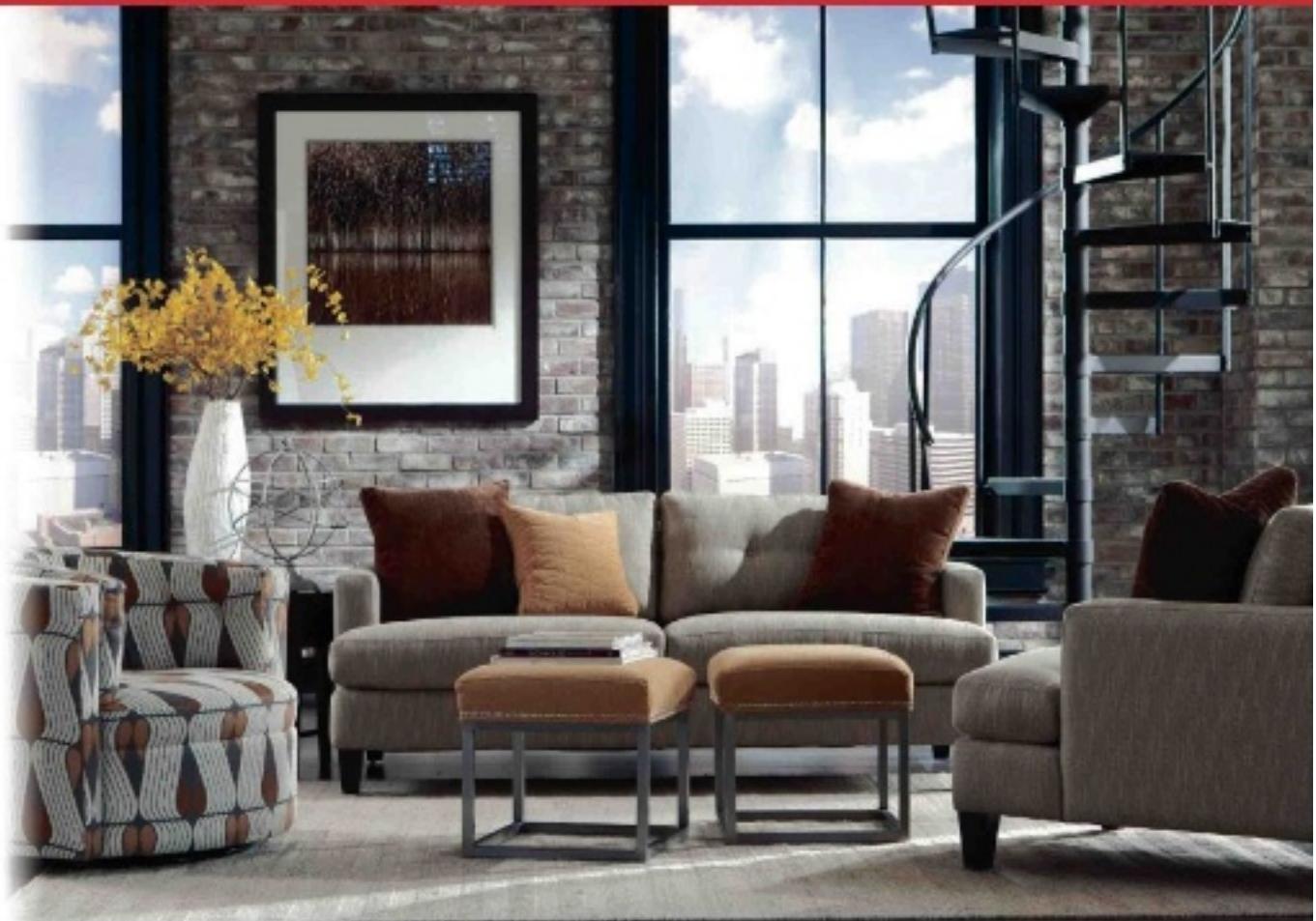
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Promotion**Free hockey sticks and parking for Senators fans**

Canadian Tire promoters will be hitting the streets of Ottawa and giving away 500 free hockey sticks to Sens fans.

For fans attending the game Thursday night, Canadian Tire will also be picking up the tab for all parking at the Canadian Tire Centre.

The giveaway, according to Canadian Tire public relations, starts at 8:30 a.m. with two teams of representatives stationed at the corners of Elgin and Wellington streets and Elgin and Nepean streets. **METRO**

Municipal services**City scores well in performance report**

The City of Ottawa compares favourably to other municipi-

palities in the provision of many services, according to the 2012 Performance Measurement Report released by the Ontario Municipal Benchmarking Initiative (OMBI), the city communications department said in a news release.

The report compares and presents performance-measurement results in 36 key service areas of the 16 participating municipalities in Ontario, Manitoba and Alberta.

"This report indicates that we are performing significantly better than the 2012 OMBI median in a number of service areas," said Mayor Jim Watson in the news release.

The report said Ottawa recorded the second-lowest number of residential fire injuries and fatalities per 100,000 people in Ontario. Ottawa also created the second-highest number of new residential units per 100,000 people. **METRO**

H&M readies for hotly anticipated public debut

Bayshore mall.

They're making up their mannequins and checking them twice

Ottawa's new H&M store at the Bayshore Shopping Centre was a buzzing hive of activity Wednesday as workers rushed to get ready ahead of a public opening Thursday at noon.

"We're just putting the finishing touches on the displays, restocking shelves that might have sold out during the (VIP event Tuesday) night, putting back all of the opening offers," said H&M spokesperson Emily Scarlett on Wednesday.

While VIPs gathered Tuesday night to sip champagne and shop, they didn't get all of the goodies. The highly anticipated public opening of the Swedish low-cost fashion retailer will feature specials on clothing called "opening offers," including some pants as low as \$7 and tops priced at \$10, Scarlett said. She also touted an array of handouts for the first 500 customers through the door, including tote bags, scratch

coupons worth \$10 to \$300, T-shirts and H&M magazines.

To deal with an anticipated crush of customers, the chain has brought in extra staff from Halifax, Montreal and Toronto, Scarlett said.

"We believe in setting people up for success and promoting from within," Scarlett said of the efforts the company has made to set up support structures for the store's new manager and team. The manager of the Toronto H&M is in Ottawa to help out with the opening and will act as a mentor for the Ottawa manager, she said.

It's a company philosophy that extends to the staff as well, she said, explaining that while workers receive training and get a "great" employee discount, they aren't forced to dress in a particular style.

"We want them to dress as themselves and express their own personality," she said, adding H&M's 160 in-house designers follow top fashion trends so they can reflect as diverse an array of styles as possible to give their customers the most choice, rather than imposing a style from above. **METRO**

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Sales staff go over final details prior to H&M's preview night at the Bayshore location on Tuesday. The store officially opens Thursday at noon.

MIKE CARROCETTO/FOR METRO

Canadian among 49 feared dead in crash

Laos. Government says it 'is taking all necessary steps ... in the hope of finding survivors'

A domestic flight crashed Wednesday in Laos and all 49 people on board, including a Canadian, are feared dead,

said the government of the Southeast Asian nation.

The Ministry of Public Works and Transport said 44 passengers from 11 countries and five crew members were aboard Laos Airlines flight QV301 travelling from the Lao capital, Vientiane, to Pakse in the country's south.

"Upon preparing to land at Pakse Airport the air-

Quoted

"Lao authorities have told our embassy in Vientiane they do not expect any survivors"

Statement from Australia's Department of Foreign Affairs

craft ran into extreme bad weather conditions and was

reportedly crashed into the Mekong River," the ministry said in a statement.

A Foreign Affairs spokesman in Ottawa said the department is working closely with local authorities to confirm if Canadian citizens "have been affected."

The Lao government said the airline "is taking all necessary steps to co-ordinate

and dispatch all rescue units to the accident site in the hope of finding survivors."

However, a statement from Australia's Department of Foreign Affairs said "Lao authorities have told our embassy in Vientiane they do not expect any survivors."

Thai Foreign Ministry spokesman Sek Wanna-methee says his country's

embassy in Vientiane was informed that the plane crashed seven to eight kilometres from the airport at Pakse.

Local authorities said the crash is being investigated and the airline hoped to announce its findings on Thursday.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

France. Public detention, expulsion of teen outrages immigrant groups



Leonarda, 15, and Maria Dibrani, 17, left, expelled from France last week, talk on their mobile phones in a shelter house in Mitrovica, Kosovo, Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

Leonarda Dibrani was on a field trip when French police showed up at the bus and detained the 15-year-old in front of her classmates before authorities expelled her to Kosovo because her family's asylum application had been rejected.

The incident, which happened earlier this month, has sparked outrage from immigrant groups and others who say police went too far in publicly shaming the teenager. It has also been an embarrassment for President Francois Hollande's government, which has tried to distance itself from conservative predecessor

Nicolas Sarkozy, known for his tough immigration policies.

Now, Dibrani, who was expelled with her family, says she just wants to get back to France.

"I was crying on my teacher's lap, and he was crying," Dibrani said Wednesday. "My friends asked, 'Did you kill someone that the police are looking for you?' I was afraid. I felt bad and ashamed."

"My home is in France," Dibrani said in French. "I don't speak the language here and I don't know anyone. I just want to go back to France and forget everything that happened."

THE ASSOCIATED PRESS

SEC

Jury: Cuban didn't commit insider trading

Mark Cuban won a years-long fight with the U.S. federal government Wednesday when jurors said that the billionaire basketball owner did not commit insider-trading when he sold his shares in a Canadian Internet company in 2004. The nine-



Mark Cuban

MIKE FUENTES/THE ASSOCIATED PRESS FILE

member jury deliberated for about four hours. The trial spanned three weeks.

THE ASSOCIATED PRESS

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Harper's throne speech courts the middle class

Eye on the election.

Harper beset by Senate expense scandal and polls showing his party tied with or trailing the Liberals

Mandatory balanced-budget legislation, interprovincial booze runs, public-sector bashing and lifetime prison terms for violent criminals were among a grab bag of populist measures promised Wednesday as the Conservative government released a mid-mandate policy blueprint.

The Tory-blue booty was included in a speech from the throne by Gov. Gen. David Johnston that spent almost as much time congratulating the Harper government on past achievements as laying out future priorities.

There was a pledge to confer honorary Canadian citizenship on Malala Yousafzai, the Pakistani teen and Nobel Peace Prize nominee who survived a Taliban attack on her school bus in October 2012.

The speech also promised in vague terms to "address the issue" of missing and murdered aboriginal women.

The document marked the unofficial start to a federal



PM Stephen Harper speaks with the Governor General following the throne speech. JUSTIN TANG/THE CANADIAN PRESS

election campaign that is still two years away.

Populist promises were very specific.

Canadians will be allowed to take beer and spirits across provincial boundaries for personal use, something that's currently prohibited under federal law.

Johnston, welcoming back MPs to work after a month-long delay at the prime minister's request, opened by

noting that "the eyes and ears of Canadians turn toward this Parliament, in trust that those who stand here in their place will relentlessly advance and uphold the ideals that are inclusive, honourable, selfless, smart and caring at every turn without fail."

He wrapped up an hour later by citing John A. Macdonald, the Conservative founding father of Confederation, who once foresaw a na-

tion "great in thought, great in action, great in hope and great in position."

"His vision has come to pass," said the Governor General. Opposition parties, however, were already alleging Conservative dishonour and selfishness.

The speech hit at what political strategists call "wedge" issues that will differentiate the parties.

THE CANADIAN PRESS

Inquest. It's broke, but we're too broke to fix it: Head of Corrections

Significant gaps remain in dealing with mentally ill prisoners, Canada's top correctional official admitted on Wednesday even as he urged jurors to avoid making costly recommendations to address the problem.

Don Head, commissioner of the Correctional Service of Canada, told the Ashley Smith inquest that expensive suggestions would be rejected.

"There is no free pocket money that we can go to, to implement some of those things," he said. From 2001 to 2005, there were 85 suicides, accidental deaths and homicides in federal prisons. Corrections complied with one-third of ensuing coroner jury recommendations, the inquest heard.

Corrections said it has made improvements since Smith's death. THE CANADIAN PRESS

'Revenge porn'

Cyberbullies beware: New law coming

The government pledged in Wednesday's throne speech to introduce cyberbullying legislation which will include making "the non-consensual distribution of intimate images" a criminal offence.

The speech referenced the suicides of Amanda Todd and Rehtaeh Parsons, both of whom committed suicide after they were bullied and intimate images of them were circulated online.

The legislation would outlaw the practice known as "revenge porn," which occurs when sexual photos or videos of a person are posted online without that person's consent.

In some cases, photos were given freely to an ex-partner during a relationship, but victims had not consented for them to be made public. In others, photos are taken during a sexual assault and posted online.

JESSICA SMITH/METRO TORONTO
THE CANADIAN PRESS



Ashley Smith
THE CANADIAN PRESS

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Soccer World Cup

Mexican fans thank bitter rivals U.S.

America's soccer team is getting some love from the most unlikely place: Mexican sports fans.

Mexican news-papers on Wednesday published banner headlines reading "We Love You,"



and "Thank You, USA," after the U.S. kept Mexico's World Cup qualifying hopes alive with a 3-2 victory over Panama. Mexico and the U.S. are bitter rivals. Feelings are so strong in Mexico that fans chanted the name of Osama bin Laden during a 2004 Olympic qualifying game. **THE ASSOCIATED PRESS**

Scientology

Court upholds fraud conviction

France's highest appeals court has upheld the 2009 fraud conviction of the Church of Scientology's French branch, its bookstore and five of its leaders.

The Scientologists were accused of pressuring members into paying large sums for questionable services and materials and using

"commercial harassment" against recruits. The group and bookstore were fined 600,000 euros (\$814,000 US). The Scientologists' appeals of their convictions claimed infringement on their religious freedom.

While Scientology is recognized as a religion in the U.S., Sweden and Spain, it is not considered one under French law.

THE ASSOCIATED PRESS



Ailina Tsarnaeva, sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev, attends a hearing Wednesday in Boston.

BOSTON HERALD/MARK GARFINKEL/POOL/THE ASSOCIATED PRESS

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Tsarnaev's sister released in counterfeit \$100 bill case

Aliana Tsarnaeva.

District attorney's office says 23-year-old not accused of passing the bill, but evidence suggests she knew those that did

Boston Marathon attack

Authorities say Dzhokhar Tsarnaev, 20, and his brother, Tamerlan, 26, built and planted pressure-cooker bombs near the finish line of the Boston Marathon that killed three people and injured more than 260.

The sister of Boston Marathon bombing suspect Dzhokhar Tsarnaev appeared briefly in a Boston courtroom Wednesday on a charge related to a counterfeiting investigation.

Aliana Tsarnaeva, 23, was in court to ask a judge to remove a warrant issued after she failed to appear in court in February 2011 on a charge of misleading police.

Prosecutors say Tsarnaeva

picked up a person who passed a counterfeit \$100 US bill at a restaurant at the South Bay Mall in Boston in 2010, but was uncooperative when questioned.

A judge agreed to remove the default warrant and released Tsarnaeva on \$1,500 personal recognizance. She also is required to report to Massachusetts probation officials once a week. **THE ASSOCIATED PRESS**

Eye for an eye? Dutch diplomat beaten after Russian envoy arrested

A Dutch diplomat was beaten up by two men who barged into his apartment in central Moscow, an attack that followed the arrest of a Russian diplomat in the Netherlands.

Russia expressed its regrets Wednesday, but the Dutch government said it expected a full explanation.

The arrest of Russian diplomat Dmitry Borodin in The Hague on Oct. 5 caused outrage in Moscow. Dutch state

broadcaster NOS reported that police had traced a car involved in an accident that day to Borodin's home, and neighbours told police they were worried for the safety of the children inside.

The incidents come at a time of growing tensions between the two countries over Russia's seizure of a Dutch-flagged Greenpeace ship and Russia's anti-gay laws.

THE ASSOCIATED PRESS

Pet killer denied right to have animals

Vancouver. Woman who killed family cat and dog has lost appeal to own animals

A 23-year-old woman who was described by a psychiatrist as an "affectionless psychopath" after she butchered two family pets

and expressed a desire to murder a homeless person has lost an appeal of a lifetime ban on owning animals.

Kayla Bourque had pleaded guilty last year to charges of causing suffering and unlawfully killing animals. She was given a lifetime ban on owning or being around pets, which she appealed.

Bourque admitted kill-

A history of killing

"She ... has no insight into the harm and suffering she causes these creatures."

Justice Elizabeth Bennett, B.C. Appeal Court

ing Molly, the family dog,

in September 2009 by hanging the animal. She then dismembered the dog and placed the animal's head on a stick, videotaping and photographing the killing and taking a photograph of herself naked next to the dog's remains.

She killed the family's cat, Snowflake, in a similar way in March 2010, the decision says.

Court decisions describe Bourque as a sexual sadist with antisocial personality disorder who finds joy in torturing and killing animals, and that she has expressed no remorse.

Bourque now lives in a residential setting in Vancouver with 24-hour supervision, after nine months of time served.

THE CANADIAN PRESS



Kayla Bourque CONTRIBUTED

Women in the boardroom. Rules wanted to equalize gender in corporate ranks

The scarcity of women in Canadian boardrooms has the country's biggest regulator pushing for mandatory changes that would shame corporations for their lack of gender diversity.

The Ontario Securities Commission said Wednesday it will recommend to the provincial government that companies listed on the Toronto Stock Exchange should be required to disclose how they're increasing the number of women in their highest executive ranks.

The voluntary "comply or explain" policy would be put in place to encourage publicly traded companies to

annually report their internal targets and progress — and be questioned if they refuse to comply. The OSC will take its recommendations to the government this fall.

Research shows that a higher mix of women in managerial and executive roles leads to more profitable companies and stronger organizations. Women often have leadership skills complementary to men, are often fairer with rewards, can be more focused on goals and can be stronger role models, said Eric Lamarre with global management consulting firm McKinsey and Company Canada. THE CANADIAN PRESS



The OSC says new rules to put more women, like the ones seen here at the TSX, in executive ranks would be good for business. FRANK GUNN/THE CANADIAN PRESS

Terrorism

Canadian guilty in attempted arms buy for Tamil Tigers

A Canadian man has pleaded guilty in the United States to two terrorism offences in connection with the Tamil Tigers.

Piratheepan Nadarajah, from Brampton, Ont., admitted to a conspiracy to acquire anti-aircraft missiles and attempting to provide

material support to a foreign terrorist organization.

Online court records show that Nadarajah pleaded guilty last week in New York to the two counts.

His sentencing is scheduled for Jan. 31, 2014.

Prosecutors alleged Nadarajah and co-conspirators negotiated with an undercover FBI agent to buy and export \$1 million US of high-powered weapons and military equipment for the Tamil Tigers.

THE CANADIAN PRESS



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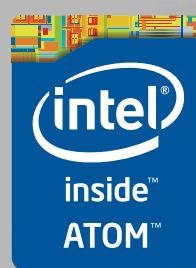
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U.S. races to

'A time for reconciliation.'

Bipartisan deal to reopen the government leaves Republicans with little to show for their fight

Congress raced Wednesday to approve a bipartisan deal to avert a U.S. default and reopen the federal government, a move intended to end a prolonged fiscal crisis that battered Republican approval ratings and threatened the global economy with a new recession.

Republicans were left with little to show for their fight — in political terms, the final agreement was almost entirely along lines President Barack Obama had set when the impasse began last month. It includes nothing for Republicans demanding to eradicate or scale back Obama's signature health-care overhaul.

"We fought the good fight.



Listening in: U.S. House Minority Leader Rep. Nancy Pelosi talks to Rep. Chris Van Hollen as Tuesday. ALEX WONG/GETTY IMAGES

We just didn't win," conceded House Speaker John Boehner as lawmakers lined up to vote on the bill.

The Senate voted to avoid

the default, 81-18, Wednesday night. The measure then headed to the House, which was expected to back the bill.

Harry Reid, the Demo-



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pass budget bill



A staff member waits by the door after a meeting on Capitol Hill in Washington, D.C., on

cratic Senate majority leader, thanked Sen. Mitch McConnell, the Republican minority leader, for working with him to end what had become one of the

nastiest partisan battles in recent Washington history.

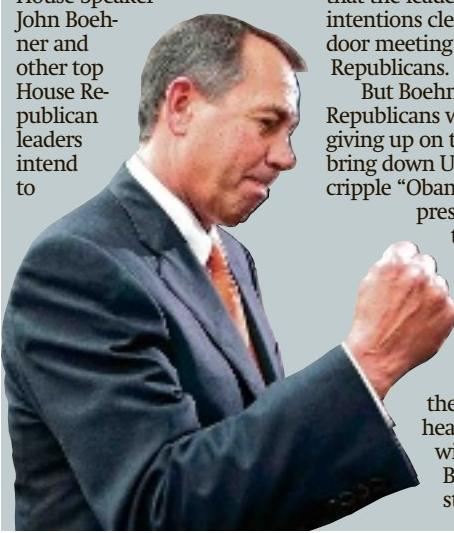
"This is a time for reconciliation," Reid said.

THE ASSOCIATED PRESS

Not giving up

Boehner to keep fighting Obamacare

House Speaker John Boehner and other top House Republican leaders intend to



vote for the bipartisan agreement worked out in the Senate to avoid a financial default and reopen the government.

Officials said Wednesday that the leaders made their intentions clear at a closed-door meeting of rank and file Republicans.

But Boehner vowed Republicans were not giving up on the fight to bring down U.S. debt and cripple "Obamacare," as the president's signature health-care overhaul is known.

"Our drive to stop the train wreck that is the president's health-care law will continue," Boehner said in a statement.

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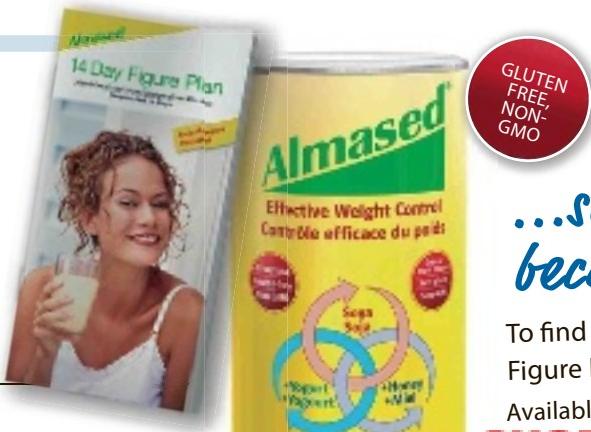
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A ruff drive. Centre uses canine crash dummies to make Fido's ride safer

To make the world safer for pets, Lindsey Wolko had to design an indestructible dog.

Two years and hundreds of thousands of dollars later, her non-profit Center for Pet Safety in Reston, Va., has a set of crash-test dog dummies that were battered, throttled and sent flying to test several car-safety restraints.

The rare study of travel products marketed to animal owners was released earlier this month and will be followed by tests of car crates, carriers and barriers. Life-jackets are on the short list of products to be tested as soon as funding is found.

Inspiration for the centre and its inaugural test came nearly a decade ago.

Wolko's dog, Maggie, was seriously injured when Wolko braked to avoid a

Fragile cargo

It's not surprising that attention is being focused on safety because a huge number of car buyers want to drive with their pets, said Michelle Krebs, a senior analyst with Edmunds.com.

- "A pet that isn't harnessed in a car is really dangerous. That animal propels through a car like a missile."

traffic collision. Despite a restraint, the English cocker spaniel smashed into the back of the driver's seat, spraining her spine and hip and getting her back legs tangled in the harness.

THE ASSOCIATED PRESS



Man's best friend loves to tag along and stick its head out the window while out cruising. To make those rides safer Subaru and the Center for Pet Safety conducted a collaborative study to test the effectiveness of popular pet harnesses with a crash test dog. SUBARU/THE ASSOCIATED PRESS



Believe it or not: \$130M aquarium finally opens in Toronto

Visitors get up close to sharks, sawfish, sea turtles and more in the 97-metre-long underwater viewing tunnel at Ripley's Aquarium of Canada in Toronto. After two years of construction, delays and \$130 million in costs, Ripley's Aquarium of Canada opened to the public Wednesday. The aquarium, billed as the country's largest, is home to more than 13,000 aquatic animals and 450 different species held in nearly six million litres of water. More than 10,000 tickets to the downtown facility have already been sold online. RIPLEY'S AQUARIUM OF CANADA/THE CANADIAN PRESS

We beat the U.S. ... in network speed

Canada: 1, America: 0.

A new study finds wireless speed is faster in our cities than in the States, but we pay more to be able to get that Instagram pic up faster

Urban Canadians have access to consistently faster network speeds than their neighbours in the U.S., according to a study by PC Magazine.

In its first study of Canada's networks, the New-York based

We win this round, America

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy."

According to a study by PC Magazine

online publication said the speeds delivered by the country's three major telecoms — Rogers, Bell, and Telus — were remarkable.

"Urban Canadians can get online fast, often at speeds that would make south-of-the-border Americans green with envy," said the study, released Wednesday.

Rogers had the fastest wireless network followed by Bell and Telus, according to the study, done in August and September in 13 of Canada's largest metropolitan areas.

PC Magazine tested down-

loads and uploads of data — such as video, apps and photos — but did not test the quality of mobile phone calls.

AT&T's Long-Term Evolution (LTE) network was deemed the fastest in the U.S. in 2013 by PC Magazine.

The study's author noted that Canadian prices for wireless service were higher than the U.S.

"There's no real Canadian equivalent to Sprint or T-Mobile. People with less money are getting a lot less value than if they are in the U.S.," said Sascha Segan.

THE CANADIAN PRESS

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Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

Lac-Mégantic disaster

Railway licence extended until Feb.

The Canada Transportation Agency has extended until Feb. 1 the operating licence of the insolvent railway involved in last July's deadly explosion in Lac-Mégantic, Que. THE CANADIAN PRESS

Market Minute

	DOLLAR 96.77¢ (+0.43¢)	TSX 12,957.21 (+25.75)
	OIL \$102.29 US (+ \$1.08)	
	GOLD \$1,282.30 US (+ \$9.10)	

Natural gas: \$ 3.78 US (no change)
Dow Jones: 15,373.83 (+ 205.82)

Cost-saving measure

Grocer Loblaw axes 275 staff

Loblaw Companies Ltd. is cutting its management and administrative ranks by 275 employees as it tries to reduce expenses alongside its acquisition of Shoppers Drug Mart. THE CANADIAN PRESS

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HOW TO EASILY SAVE THE WORLD

Have you lost hope? Do you feel like the world is beyond saving? With non-stop natural disasters and climate change, it can sometimes seem like there's nothing any one individual can do to help this troubled ball we call Earth.

But you can help.

Simple household tips can go a long way toward improving the environment and, yes, saving the planet, all while helping you save and make your life easier. Here's how.

Start with light bulbs. Next time a light goes out, why not replace that wasteful incandescent bulb with an energy-efficient compact fluorescent lamp? Because that seems like a lot of work, that's why. That light bulb is way up on the ceiling, and it looks like you'll have to unscrew the glass fixture or something.

An even better solution is to just leave your apartment dark. The light from your laptop screen provides more than enough illumination, and even acts as a flashlight for those



HE SAYS
John Mazerolle

metronews.ca

late-night trips to the fridge.

While we're in the kitchen, let's remember the importance of whole foods. Eating apples, oranges, carrots, green peppers, garlic bulbs, Eggo waffles and bouillon cubes exactly as they appear in nature can cut back on use of wasteful stoves and ovens, as well as dangerous knives and forks.

And consider all your dishes. Did you know that 17.4 per cent of all landfill waste is old bowls, plates and glasses? It's a very precise number and therefore true. You can keep that landfill space free for incoming Black-Berrys by simply eating over the kitchen sink. Or, even better, eat Mini-Wheats directly from the box followed by a swig of milk from

a carton. Your stomach is the bowl!

Speaking of bowls, did you know that so-called bathroom "cleaners" in fact viciously murder the bacteria and mould that form the necessary foundation of the food chain? Clean-

ing that bathtub may be killing your grandchildren.

Instead, let the steam from your shower naturally clean the bathroom. You'd pay top dollar for a steam cleaning of your carpet, so why isn't it good enough for that bathroom tile? And see that stuff growing on your wall? You're literally greening your home!

Staying in the bathroom, some well-meaning people (women) think it's OK to replace towels after every use, or even every month. This is an irresponsible waste of water and laundry detergent, and it's not backed up by the latest towel science.

The towel is drying off your clean body, and the next day that towel is somehow disgusting? It just doesn't make sense.

Here's a simple rule of thumb for towels: Turn on the TV. If the prime minister is the same as last time you checked, you can safely continue using that towel.

As you can see, helping to protect the environment from the comfort of your home takes not just very little effort, but the least effort imaginable. Save the world. Become a bachelor. You'll be glad you did.

ZOOM

Thanks for the ride, mom



COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

They say kids can be a headache

Hitchhiking can be a dangerous game but these gharial crocodiles photographed on Chambal River in Madhya Pradesh, India, seem to appreciate the ride.

The snap, titled Mother's Little Headful, was taken by 14-year-old Udayan Rao Pawar, who won the award for Young Wildlife Photographer of the Year at a ceremony at London's Natural History Museum. METRO

Photography can make for a wild life

Greg du Toit must have been tempted to say, "Watch your step" while shooting this striking image of a herd of elephants (pictured right).

"This image hints at the special energy I feel when I am with the elephants," said du Toit of his photograph. He won Wildlife Photographer of the Year 2013.

"Greg's image immediately catapults us to African plains," said chair of the judging panel, Jim Brandenburg. METRO



This otherworldly shot was captured from a ground-level hide using a slow shutter speed. COURTESY WILDLIFE PHOTOGRAPHER OF THE YEAR

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most emailed newsletters deserve to go straight to the trash bin (or stay in Gmail's fancy new social or promotions folder), there are a select few worth a scan. Trust me, you'll be smarter for it.

Brainpickings:

Run by super brain Maria Popova (of the NYT, Wired, The Atlantic), the free Sunday digest brings you interesting tidbits on "things you didn't know you were interested in." This week read up on the science of dreams, or Julia Child's take on entrepreneurship.

Quora:

Pick a topic, any topic, and Quora has an answer for you. Choose your areas



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of interest and the best question-answers on the community-run site are sent straight to your inbox so you can learn something new at least every week.

Colossal:

The art and design blog run by a self-described art outsider has a weekly roundup of the site's most interesting stuff. Think of it as a Coles Notes into the art world.

Twitter



@metropicks asked:
Enbridge's poetic pipeline pitch has ignited backlash. Send your pipeline verse and we'll print the best #GatewayPoems

@Canucklehead_ca: Two pipelines diverged in a wood, & I - / I took the one less traveled by, / Made no difference - all nature dead. #Gateway-Poems

@trevor_donald: #gatewaypoems Atlantic Canadians were told they are getting a deal. Only Mister Irving thinks oil pumped to his province is a steal. #nbpoli

@margonaut: A history of leaks & poisoning creeks? It might seem like a sin, but our shareholders win! #GatewayPoems

@JohnKleinRegina: If you want the #KXL, you may as well burn in hell, because it's bringing hell to earth. When you've lost you learn its worth. #Gatewaypoems

@jarrahpenguin: And when bitumen seeps into/All the loveless land/It will whisper of the garden/You will understand #gatewaypoems

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It's no stretch to say this girl's on her way

Body of work.

Yoga instructor turns her wounds into wisdom and her wisdom into work



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Eight years ago, Megan Campbell was going through a breakup and, at the urging of her mother, decided to try a yoga class as a means to cope.

"My mom had been practicing for a couple of years and really thought that I would enjoy it," she says.

"To be totally honest, it was just starting to get trendy and I'm not one that often follows trends so I had some resistance to it, but I ended up going and I literally went home after my first class and signed up for teacher training."

Since then, Campbell has completed more than 2,000 hours of teacher training, 200 of which were spent in India.

Bullied her whole life, she says that trip changed her life.

"I had always had these

More info

- **On the web:** For more information on Campbell's cause, visit megancampbell.ca



Megan Campbell hosts a daily show on Rogers TV, *Megan Campbell's Yoga For Women*. KG PHOTOGRAPHY

negative relationships with girls and women in my life and, when I went to India, I found these two girls that I was roommates with and they really showed me what it looked like and how it felt to have women actually befriend me and support me and hold me up and cut out that jealousy and that negativity that we can kind of get caught up in," Campbell said.

When she returned home,

Campbell decided to share her positive experience and created workshops geared toward women.

She called it Journey of the Yogi (JOY), a series of women's only yoga workshops, and donated part of the proceeds to women's shelters or organizations in Ottawa.

Over the years, JOY has expanded to include retreats, trips and other events and, to

date, has raised over \$175,000 for charities that empower women and girls around the world.

Campbell also hosts a daily show on Rogers TV — Megan Campbell's Yoga For Women — and oversees a number of other initiatives.

For Campbell, yoga is a way of life.

"It's an art of living and a way of being, not just a physical workout," she says.

Growth happens on a personal level, so everything that I've done, for example, wouldn't be possible without my own healing and transformation. Being bullied, I never would have thought that I would be working very specifically with women and girls and it's been through my own healing that I've been able to turn my own wounds into wisdom and then my wisdom into work."

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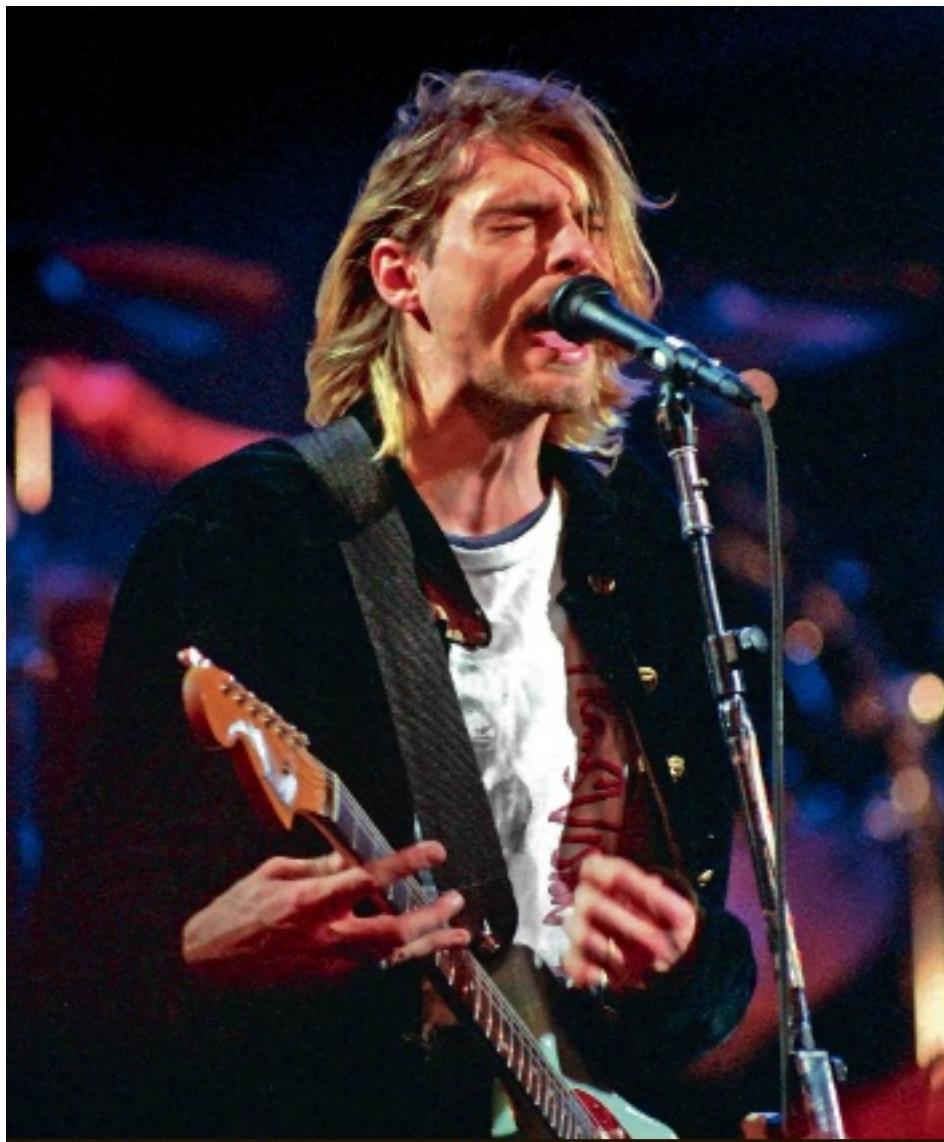
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Thursday, October 17, 2013

SCENE

21

Big names bag their first Hall of Fame nominations



Nirvana have been nominated for induction to the Rock 'n' Roll Hall of Fame.

AP PHOTO

Rock 'n' Roll immortality awaits.
Nirvana, Peter Gabriel and Linda Ronstadt among the 32 acts vying for induction

Nirvana, Linda Ronstadt, Peter Gabriel, Hall and Oates, and The Replacements are among first-time nominees to the Rock and Roll Hall of Fame.

The hall of fame announced its annual list of nominees Wednesday morning and half the field of 16 were first-time nominees.

YES, Link Wray and The Zombies also received their first nominations.

More than 600 voters will determine the class of 2014. Inductees will be announced in December and a ceremony will be held next April in New York. The induction will be aired on HBO in May.

Nirvana is nominated in its first year of eligibility. If selected for induction, the band would enter the hall of fame almost exactly 20 years after frontman Kurt Cobain's suicide at age 27.

Ronstadt receives her first nomination not long after she shared news that she has Parkinson's disease. Fans have long questioned

her absence from the hall's roster of stars. Similarly, long-denied YES joins the list after Rush finally struck a blow for prog rock with its induction earlier this year.

Repeat nominees are KISS, LL Cool J, N.W.A., Cat Stevens, Deep Purple, The Meters, The Paul Butterfield Blues Band and Chic. It's the eighth nomination for Chic since 2003, but comes as co-founder Nile Rodgers is enjoying widespread attention after his collaboration with Daft Punk earlier this year.

KISS, LL Cool J and Stevens return to the list after absences of several years.

THE ASSOCIATED PRESS

An advertisement for the Canadian Breast Cancer Foundation's CIBC Run for the Cure. The background is a bright blue sky with white clouds. A large, flowing pink ribbon starts from the top right and sweeps across the middle of the page. The word "moments" is written in a large, elegant, cursive pink font that follows the curve of the ribbon. Above the ribbon, the text "Thank you for all the future" is written in a smaller, sans-serif font. Below the ribbon, the word "moments" is repeated in a larger, more prominent cursive font. At the bottom, the text "you've helped create." is written in a smaller, sans-serif font. There are four small text boxes with quotes from people about what they ran for:

- "I ran for the look in my mom's eyes when I tell her she's going to be a grandma."
- "I ran for the Sunday crosswords my mother and I will finish together. In pen."
- "I ran for the hand-picked roses I'll give my wife on our 50th anniversary."
- "I ran for the joyful day my daughter's daughter will be born."

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

Canadian Breast Cancer Foundation
CIBC Run for the Cure[†]

Canadian Breast Cancer Foundation

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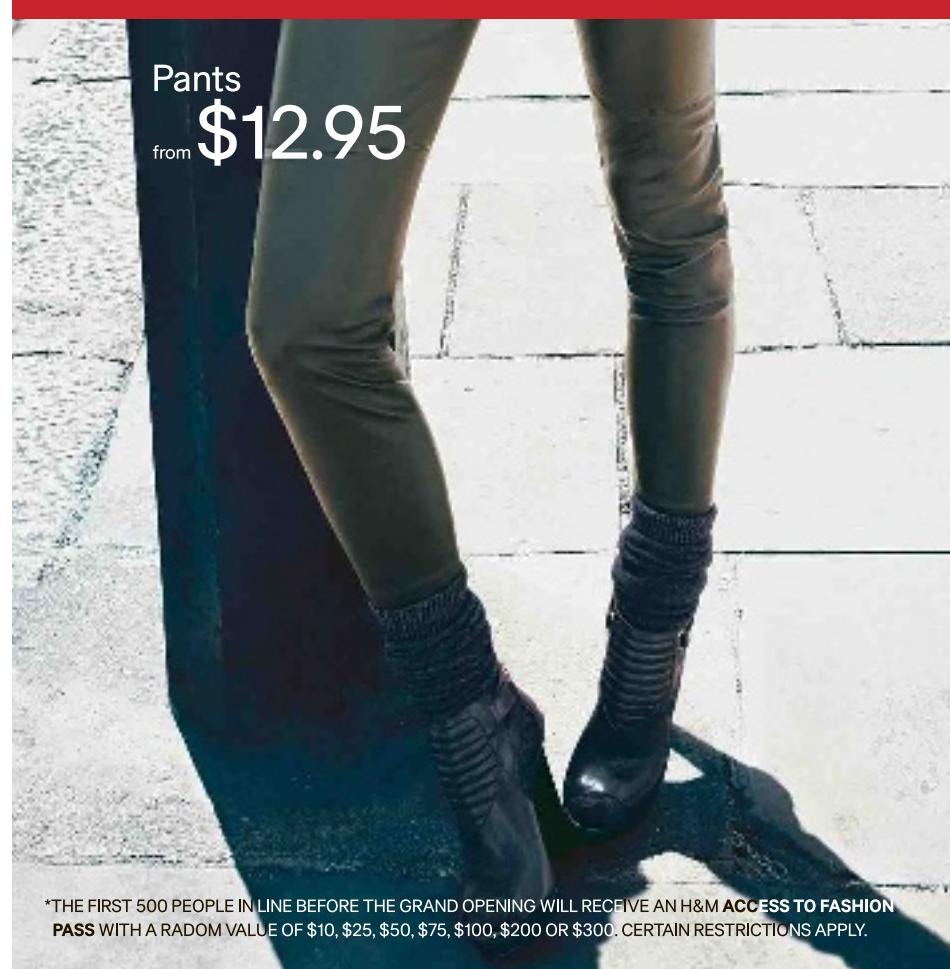
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SCENE

23

Killer wallflowers? No problem, just keep away the teenagers

The horror.

Chloë Grace Moretz talks about taking on the iconic role of Carrie and her fear of teens

NED
EHRBAR

Metro World News in Hollywood

Chloë Grace Moretz has carved out a nice place for herself in Hollywood as a child and teen actor who can handle very, very grown-up material, but everyone has to grow up sometime. With the remake of Carrie, she takes on the most iconic high school wallflower in film history, but going forward she's looking to leave the teenagers behind. Which is convenient, because they terrify her.

This might be the quietest character you've ever played.

It's the most vulnerable I've ever been, for sure. This is the most opposite of who Chloë is in a character, but at the same time it's almost closer to my inner self in the fact that I'm incredibly naive compared to my friends. She's definitely the most innocent I've ever played. But at the same time it was almost easier to jump into than playing, like, a bitch because I'm not very good at doing that. It's harder for me to play a fake, stuck-up girl than it is for me to play vulnerable.

Why do you think you've maintained that level of naivety compared to your friends?

I think it's because I literally have lived a more naive life and the fact that they have to deal with, like, boys and everything. They deal with 10 times as much as I do (in high school). You're dealing with things that are way above your head, and you learn quickly and you move quickly. And me, I've been home-schooled since I was nine, so it's like I haven't been interacting with copious amounts of teenagers since I was nine years old.

Is this the first time you've played a character who's actually older than you?

Kind of. I mean, she's 17. I think before I played a character who was 16 when I was 15. But I think the oldest



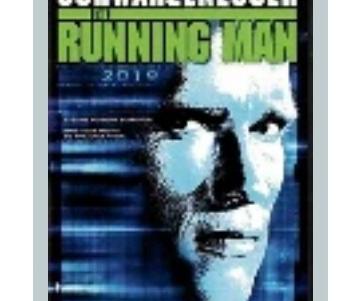
Carrie, starring Chloë Grace Moretz, opens Friday. CONTRIBUTED

You got off lucky.

I think so too. I don't like teenagers. They're really scary. Like, groups of them? They're unpredictable because they're just, like, dumb. They don't even know what they're doing, and they just bumble around and make stupid mistakes and they're like, "Oh, I didn't mean to do that. I regret that." I've never regretted anything in my life because I cognitantly make every decision. Yeah, I've messed up, but I've never regretted anything. And I know tons of people who are like, "Oh, I really regret this" or "I really regret that," and I just don't understand it.

So what's your niche?

I think it's just realism, to be honest. I think my strong suit is being able to show realism within some of the most unrealistic characters.



The Running Man

Death: Buzzsaw to crotch.

Stuck in a violent reality show, Arnold Schwarzenegger is forced to kill, turning a guy named Buzzsaw's buzzsaw against him.

Killer catchphrase: "This saw is part of me. And I'm going to make it part of you," the late Buzzsaw said.

Killer catchphrase: "Eat it till you choke, you sick, twisted f—," Paul said to Annie.

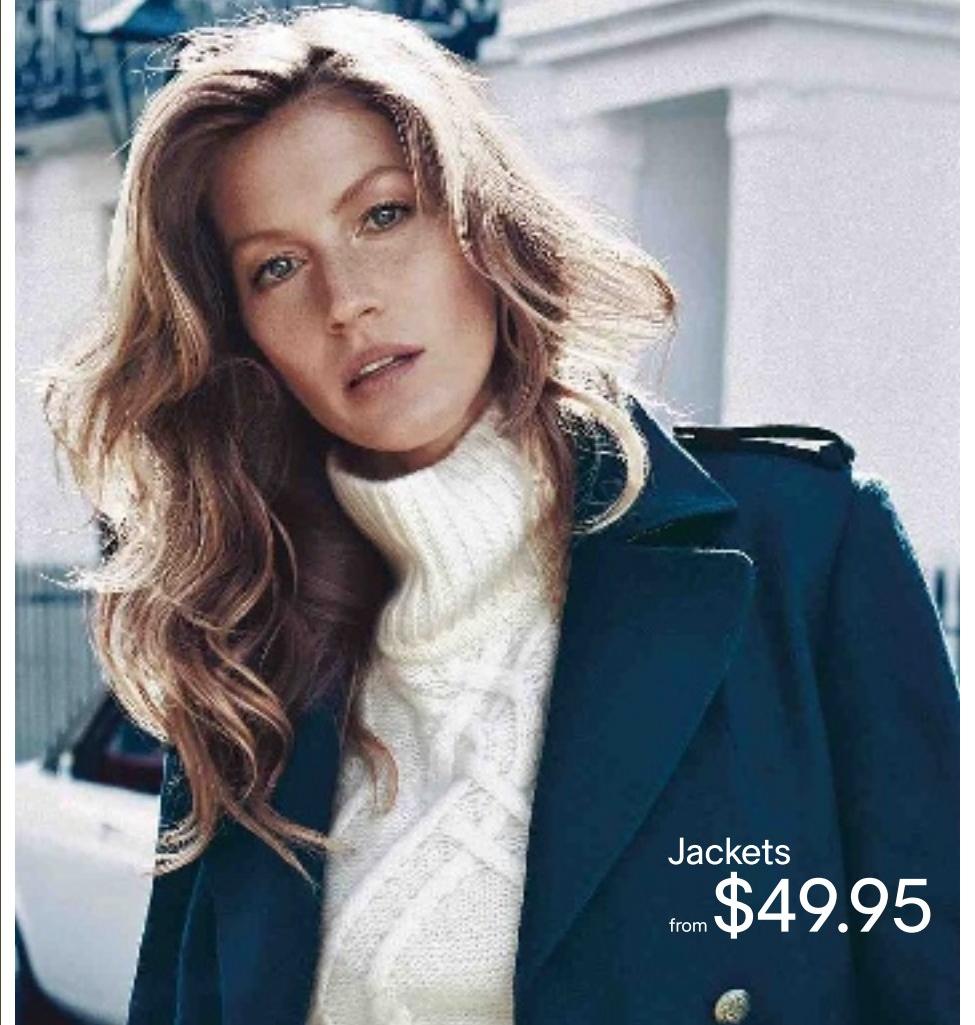


Misery

Death: Head trauma from pig.

Finally free after being kidnapped by "biggest fan" Annie, disabled author Paul jabs her eyes out, feeds her a burned book and, finally, bashes her head in with a cast-iron pig.

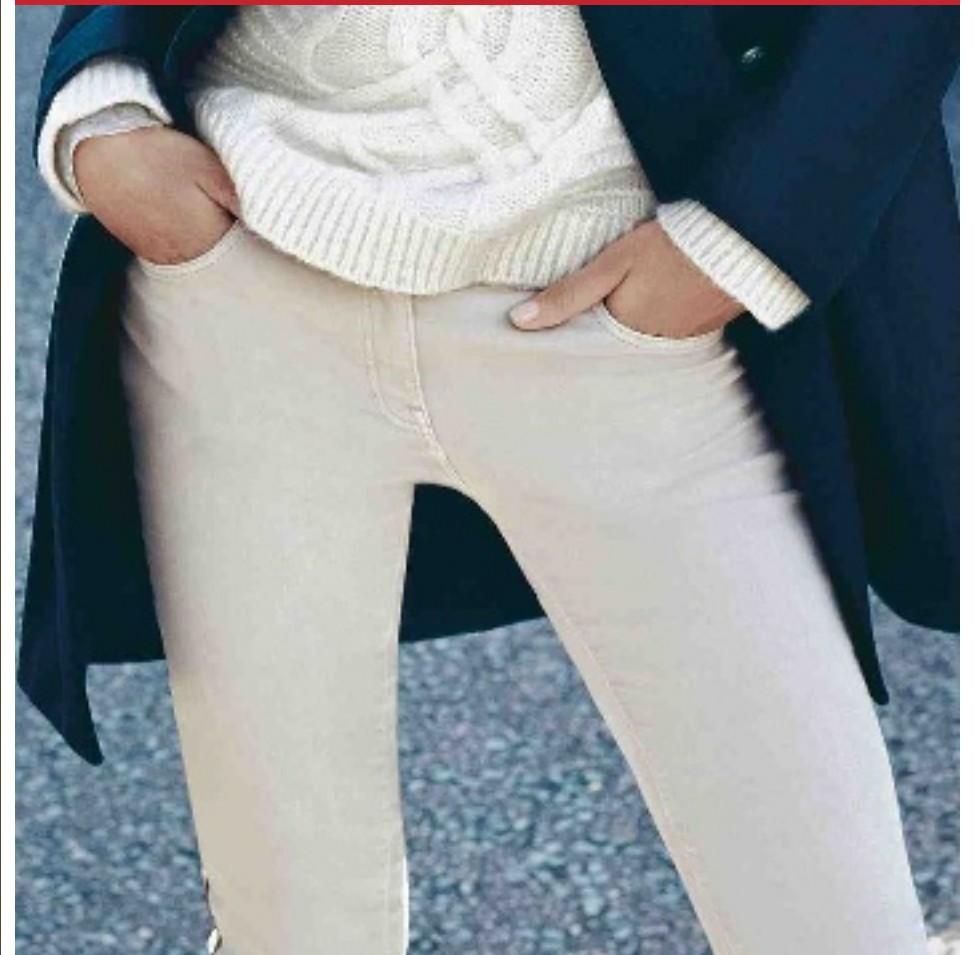
Killer catchphrase: "Oh s—, oh s—, oh s—," said by a guy in the store.



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Tenors aim to hit high notes by helping others

Canadian group The Tenors have teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

The organization believes changing the course of a young person's life also changes the community for the better.

We asked The Tenors — Fraser Walters, Remi Pereira, Victor Micallef and Clifton Murray — to tell us about the person who made a difference in their life when they were growing up. **METRO**



COURTESY OF RANDEE ST NICHOLAS

Musical mentors

Family and friends

Voice teacher

Mother

Fraser Walters

"I have been extremely lucky to have many important mentors in my life. Other than my family, three amazing musical mentors were (and still are!) Katie Drysdale (my first childhood voice coach), Gerry Van Wyck (choral/orchestral conductor), and Rena Sharon (university music professor). All three have been instrumental in guiding me through different stages of musical and life experience. I cherish them all!"

Remi Pereira

"I have had a few mentors throughout my life, including my parents, my child and my teachers. From them I have learned the importance of respect, loyalty and commitment to your partner and family. In music, my teachers have been the force behind me, showing me that I can extend myself to reach my lofty dreams."

Victor Micallef

"Someone who mentored me was my Italian voice teacher Franco Pagliazz. Not only was he an incredible teacher but he was a father figure far away from home. He taught me everything about the Florentine way of life and gave me invaluable insight on how to perform the Italian operatic repertoire. I have incredible respect for his artistry as a master singer and teacher, and he will always be a dear friend."

Clifton Murray

"My influence is my mother. Her tireless efforts to improve the lives of those less fortunate inspires me to always look beyond myself. She has continued to seek out the less fortunate and make their lives better in some way. There are so many stories where my mother has selflessly brought someone in need the support, resources and love that they needed, enabling them to provide for themselves."

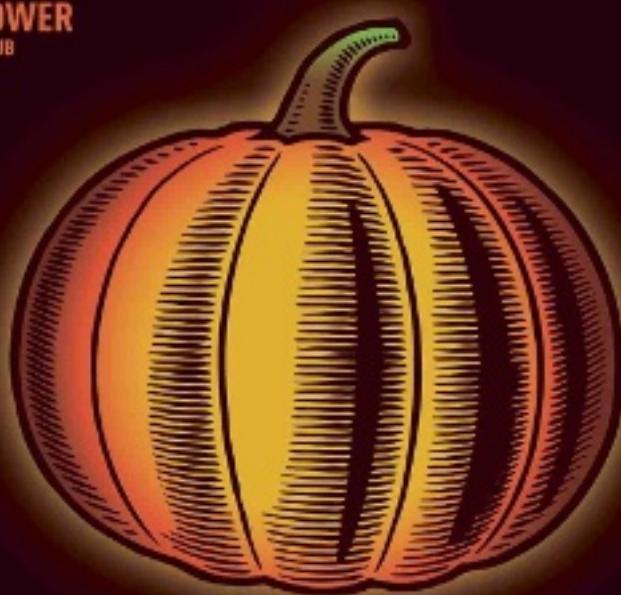
Online

Find more of the tenors on Metronews.ca

- Web. Visit metronews.ca/scene to see a video of the Tenors performing I Love You, and for a link to buy the single.

- Find out more. Visit bigbrothersbig sisters.ca to learn more about the organization.

- Contest. Visit clubmetro.ca for your chance to win a trip to see The Tenors perform in Vancouver.



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Twelve Years a Slave opens Friday. CONTRIBUTED

Want to be sensual? Use the power of now

Twelve Years a Slave.
Actress Lupita Nyong'o took a page from James Baldwin's The Fire Next Time to help her with role

 **NED EHRBAR**
Metro World News in Hollywood

Lupita Nyong'o is hitting the ground running when it comes to her film career, making a startling and attention-grabbing debut as the mysterious, wild-eyed Patsy in *Twelve Years a Slave*, a performance that's already earning a ton of awards speculation for the Nigerian actress.

There are worse ways to start a film career.

When you get a shot at a role like this in a film like this with a director like this, what's your first reaction?

When I auditioned for this role, I was just about to graduate from Yale. It was the first time that I was allowed to audition for professional things, and *Twelve Years a Slave* was the first audition I put on tape. After the audition it dawned on me — Brad Pitt is producing this film and Steve McQueen. ... It was kind of like a slow realization of how major auditioning for this thing was, but it also felt completely improbable that I would get the role.

Awards buzz

Actor gets his break through role

Chiwetel Ejiofor arrived, he thought, prepared for the first day of shooting *12 Years a Slave*. To play Solomon Northup, a free man from upstate New York who was kidnapped and sold into slavery and who later chronicled his experience in a book, Ejiofor had studied Northup's memoir, visited plantations and learned how to, as Northup did, play the violin.

But all that work could scarcely ready him for the intense reality of performing a slave's labour in a Louisiana summer. "Then you're there on the first day and it's 108 degrees and you're picking cotton," says Ejiofor. "How is that accomplishable? I don't know how to do this without delirium setting in."

Ejiofor's titanic and steadfast performance in Steve McQueen's unblinking portrait of mid-19th century slavery has already been hailed as



Chiwetel Ejiofor
THE ASSOCIATED PRESS

the performance of Ejiofor's career. After Fox Searchlight releases the film Friday, Ejiofor is likely to become a fixture on the fall awards circuit, and a best-actor Oscar nominee.

The film brings audiences along on Northup's nightmarish journey, taken from his family in Saratoga Springs, shipped south and traded among plantations of varied ugliness. One expects such a psychological descent to scar an actor, but playing Northup had the opposite effect on Ejiofor.

"I felt enriched by being in Solomon's shoes for so long," he says.

THE ASSOCIATED PRESS

How do you approach material as intense and visceral as this?

It was about being present. Patsy in the script is described as being "effortlessly sensual." In the book, Solomon says that

rejoice in the force of life itself and to be present in everything that one does, from the effort of loving to the breaking of bread." And that was Patsy for me. That's what made her so sensual, the fact that she was present. And she's present because she has this volatile master. She never knows what he's going to do next — what he's going to require or inflict. So that was the lesson I took going in. I just need to be there. The humiliation and the heartbreak that I've been living, experiencing, will reveal itself.

Why do you think it took so many non-Americans to give such an honest look at such a horrific part of American history?

I don't think it was by design. I don't think Steve was like, "I don't want any Americans!" I don't think that's the case. I don't think it's by design, but at the same time America is made of immigrants. The African-American slaves came from Africa, the white slave owners were Irish and German and English. So I don't think that highlighting our non-American-ness does the story any sort of favours or injustice. For me, as an actor, I feel like it is my job to portray things that are outside of myself; to truthfully believe in circumstances that are not my own. Otherwise my career will be very short, playing some middle-class Kenyan.

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Easy Ryder Serena enjoying the journey

Harmony. Despite her platinum-selling album gaining fans daily, the Canadian songstress remains grounded, loves kids and seeks out adventure

**MIKE
BENHAIM**
scene@metronews.ca

It's been seven years since the song Weak in the Knees first drew my attention to this Canadian singer-songwriter, though in fact, she had already been producing music for the better part of a decade. Now on the heels of a North American

tour with OneRepublic, her 2013 Juno-winning, platinum-selling album *Harmony* is gaining fans daily. With hits like *Stompa* and *What I Wouldn't Do* flooding the airwaves of late, the multi-talented Serena Ryder graciously allowed me a peek at the person behind the voice.

You've shared the stage with

some amazing icons. In 2011, you toured and performed with Melissa Etheridge. What did that do for you?

It's turned into a friendship. She's an awesome woman and person. Some people think it's important to create a stage persona, but I've always felt more comfortable being myself. The inspiring thing about Melissa is that she's down to earth, on-

stage and off.

consider the most overrated quality?

If you could change one thing about yourself, what would it be?
Looks.

Alright, if you were granted a super-power, what would it be?
Looks?
Flying.

What quality do you look for and admire in your friends? Self-love.

We seek inspiration, but often

it finds us. Who is your real-life hero?
I worked as nanny for a vivacious woman named Joanne Calderon. I observed her love

for adventure, art and beauty, and that inspired me to follow my passion for those things as well.

What advice would you offer a young aspiring artist pressured to choose the safer path?

The person you need to trust more than anyone is yourself, but go about it based on what you feel and need, not pointing at what anyone else is doing to you. If your parents say something that rings true to some part of you, you need to listen to that too. Say, "I would love to be respected for my decision," and then set out to earn that.

**You already have, Ms. Ryder,
and now, I must call my
mother.**

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Joe Jonas

Joe Jonas allegedly dealing with a drug problem

The Jonas Brothers may have had a more pressing reason to cancel their latest tour at the last minute: middle brother Joe Jonas' alleged secret drug problem, according to Star magazine. "He's been dealing with substance abuse issues for quite some time," a source says, adding

that friends and family "have been begging him to seek help. The tour would have never survived with how Joe was behaving." Joe has also recently been photographed with the same addiction specialist who helped Demi Lovato following her stint at a treatment facility.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Arnie and Sly's prison flick should be kept behind bars

PAT HEALY
Metro World News in Boston

So, I feel like Escape Plan is one big meta joke on society. Mainly for the plot line alone. In the film, Sylvester Stallone stars as a structural engineer known for building prisons from which no man can escape. When he is wrongly convicted of a crime he is incarcerated in a prison that he designed. That's ... OK.

I can suspend my disbelief just enough to pretend that Stallone has an advanced degree in engineering. But then Arnold Schwarzenegger co-stars as his fellow inmate who shows him the ropes. That's right. Arnold Schwarzenegger is stepping in for Morgan Freeman. If that weren't ludicrous enough, the cast and crew of the movie had their after-party in Times Square at the Italian chain restaurant Buca di Beppo. Usually, big movie premieres are reserved for slightly more exclusive locales — and ones not in Times Square. Then again, if you think about it, Times Square is practically a neon prison of its own design. So maybe it's apt?

A vertical column of three social media posts. The top post is from Katyperry (@katyperry) with a photo of her face and the caption "I refuse to speak Starbucks until I've actually learned Italian." The middle post is from Rihanna (@Rihanna) with a photo of her face and the caption "420'ish". The bottom post is from Sarah K Silverman (@SarahKSilverman) with a photo of her face and the caption "Just a quick reminder: other people exist". Each post has four small circular icons to its right.



Woody Harrelson. ALL IMAGES GETTY

Free Bird Woody wobbles his way to premiere after wild night out with brother

It's hard enough to work a red carpet, but try doing it at noon with a massive hangover — which is exactly what Woody Harrelson did at the recent Free Birds premiere in L.A. "The premiere was at noon and I went to bed at 6:30 or 7 a.m. having

stayed up all night drinking tequila and playing pool with my brother, which, uh, didn't go well," Harrelson admits to David Letterman in an interview. "You know, being woken up three and a half hours later was terrible. It was like a betrayal." Luckily Harrelson could lean on pal and co-star Owen Wilson to get through it. "I told him ahead of time, 'Dude, you're going to be doing all the heavy lifting here. I can barely stand up.'"

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Doolittle's dancing in the dark

Eliza's evolution.

The singer's no longer the anthemic summer soundtrack to a tweeny birthday. Eliza explains that her soulful sound, like her style, is all grown up.

RICHARD PECKETT
Metro World News

Eliza Doolittle's track *Big When I Was Little* would have you believe that the diminutive singer skips her way through the streets of planet positive. It's almost gratingly peppy and bright. But today, Doolittle — real name Eliza Sophie Caird — has cast off the Crayola colours and denim cut-offs in favour of something akin to a Nirvana-listening grunge groupie. Indeed, Doolittle has upped her crooning credibility, partly thanks to featuring on dance duo Disclosure's track *You & Me* and — much like her predecessors Adele and Amy Winehouse — by taking a new level of loved and lost maturity into her melodies. Here, the 25-year-old Brit tells Metro about her sophomore album *In Your Hands* (out now), post-breakup blues and why her look makes her feel liberated.

You're a big fan of relatively small clothes and flashing a little bit of skin. Do you deliberately shrink clothes or shop the children's section?

I haven't deliberately done that but I have a cashmere jumper that I shrank in the wash and yeah, sometimes I like that kind of kids T-shirt look.

You were at the Henry Holland show. What do you like about his designs?



Sweetheart of the stage: Eliza Sophie Caird is the daughter of musical theatre actress Frances Ruffelle and stage director John Caird. CONTRIBUTED

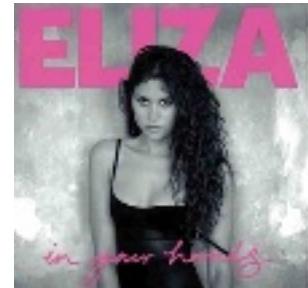
Henry's more than a designer, he's an inventor. He was the first one to do the bandana print — and come on, that's gone crazy.

Not today but normally you're in bright colours. Do you ever just want to be inconspicuous?

ous and wear black?
I actually haven't been wearing as many colours as I used to. I'm the kind of person that gets obsessed with one thing until I get bored and then I move on. Right now, I'm loving baggy jeans with rips and shreds and I also

really love thin-strapped beautiful silk dresses that look almost '90s.

Is making music a cathartic experience for you?
Music is the only thing that is going to be there for me no matter what. So when I



finish a song, I love it and I play it out loud — it's the best thing I've ever felt. Better than love, I think.

Have you ever written a song that you're not particularly proud of but that you thought could potentially be a hit?

Yeah, loads! I think sometimes I can be a little bit detached from the songs that I know will be hits because they're less personal. Sometimes I can tell when I'm writing catchy melodies and stuff and I'm proud of it. Although, if there were an actual formula for it, I'd be f—ing loaded by now.

Eliza's must-have makeup items



Yon-Ka

Crème PS, \$56, yonka.com



Clinique

Chubby Stick intense moisturizing lip colour balm, \$17, clinique.com



Kevyn Aucoin

Celestial Bronzing Veil, \$48, kevynaucion.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



SO thankful for my precious girls! Bekky @qualityslippers + Joey @joeyoneil #happythanksgiving



At the bazaar in #Istanbul Dizzying to say the least!! #fashtanbul

Trends Report

- One of the boldest trends this fall is black lipstick. Do you think you can pull this look off? Go online to Trends Report and see how black lipstick actually looks when applied on lips and let me know what you think of this trend.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

Canadian street style

Spotted in: Toronto

Shanti Student

What she's wearing

Black Naturalizer heals, vintage high-waisted Daily Habit NYC pants, American Apparel crop top and vintage purse.

Her inspiration

"My mother. She saved a lot of her clothing from when she was younger, and now I

wear them all."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



The fab five accessories of fashion month

Fashion month may be over but that's not to say we've stopped thinking about it. Sure, it's nearing woolly hat weather outside but we're pulling ourselves through the cold spell by dreaming of sunnier climes—where peep toes and pool sliders are requisite. Meet our favourite accessories for the season ahead.

METRO WORLD NEWS

Derek Lam's checkered '40s headscarf



Erdem's monochromatic Steampunk sunglasses



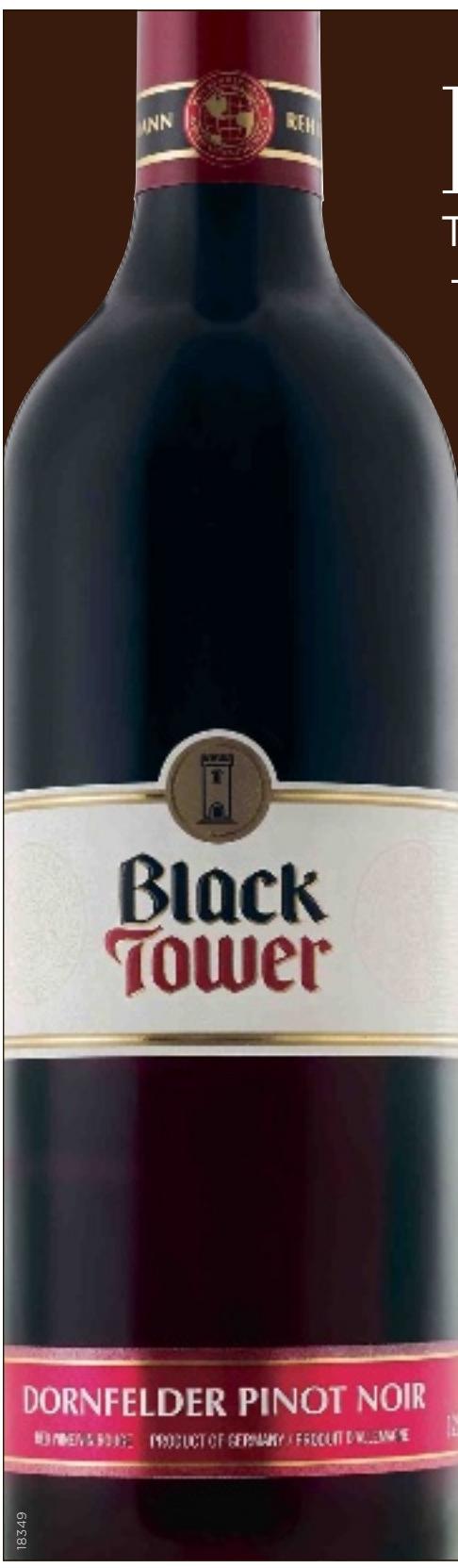
Holly Fulton's oriental fan clutch



Dior's plastic fantastic Barbie heels



Anya Hindmarch's eye poppingly bright bag



Pinot Noir THE ULTIMATE FOOD WINE

Serve it with an easy-to-assemble charcuterie platter and see how it brings out the delicate herbs and spices.



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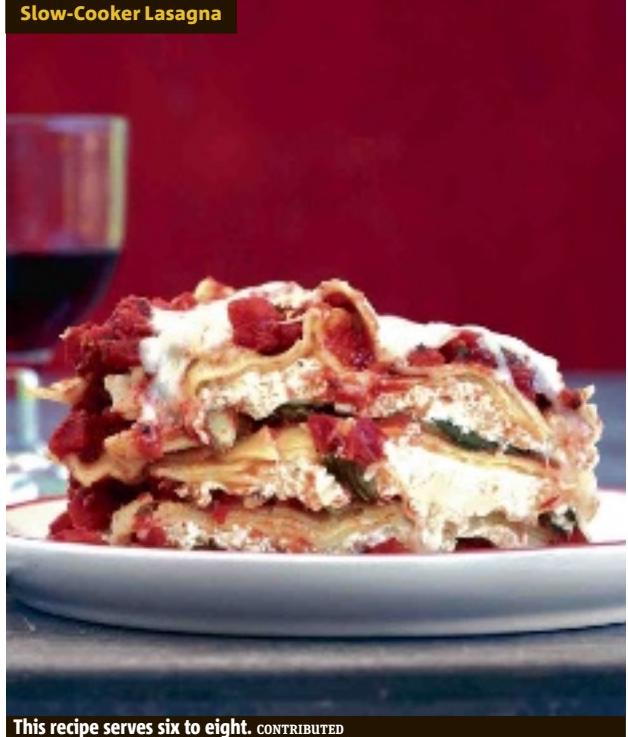


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A lasagna that levels the playing field between novices and experts

Slow-Cooker Lasagna



This recipe serves six to eight. CONTRIBUTED

"I first featured this recipe on Oprah," writes Jessica Seinfeld in *The Can't Cook Book*. "The response from beginners to cooking whizzes alike was extraordinary. Give it a whirl."

1. Finely chop the garlic and add to a medium bowl along with the tomatoes, oregano, salt, red pepper, and black pepper (about 12 turns on a pepper mill). In a separate bowl, mix together the ricotta, 1 cup of the mozzarella, and the Parmesan. Put the spinach in a salad spinner, wash, and spin dry. Now you're ready to assemble.

2. In the bottom of a 5- to 6-qt. slow cooker, spread a thin layer of the sauce. Top with 4 of the noodles (breaking to fit as necessary.) Spread 1 1/2 cups of the sauce over the noodles (be sure to cover completely with sauce so the noodles don't dry out). Layer with 2 cups of the spinach and 1 1/2 cup of the cheese mixture.

Repeat twice more with the noodles, sauce, spinach, and cheese mixture. Top with the remaining 4 noodles, sauce, and 1 cup mozzarella.

3. Cover and cook on low until the noodles are tender, 3 to 3 1/2 hours. Test the noodles for doneness by inserting a paring knife in the centre of the lasagna (if it goes in easily, it's ready). **RECIPES COPYRIGHT**

Ingredients and Tools

- 4 cloves garlic
- 2 cans (28 oz each) crushed tomatoes
- 2 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper
- 1/4 tsp freshly ground black pepper
- 2 containers (15 oz each) whole milk or part-skim ricotta cheese
- 2 cups (8 oz) grated mozzarella (1 cup + 1 cup)
- 1/4 cup grated Parmesan
- 5 oz fresh baby spinach (about 6 packed cups)
- 16 lasagna noodles (about 3/4 of a 1-lb box)

Tools

- 5- to 6-qt slow cooker, 2 medium bowls, cutting board, chef's knife, cheese grater (if grating it yourself), salad spinner, measuring cups and spoons, 2 spoons, paring knife

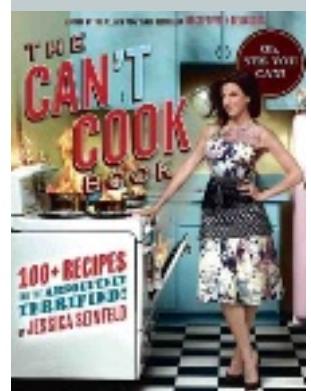
© 2013 BY JESSICA SEINFELD FROM THE CAN'T COOK BOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Don't panic

Chopping garlic may cause you concern, but the rest of it is just measuring, pouring and layering.

Cookbook of the Week

Conquer the kitchen



If you and the kitchen don't get along, Jessica Seinfeld's *The Can't Cook Book* is for you.

Seinfeld's calm approach to cooking will put any nervous cook at ease. At the beginning of each dish, she explains up front what the challenge will be and then shows readers exactly how to overcome the hurdles.

Among the recipes you can master with *The Can't Cook Book* are Fresh Berry Crumb Bake, Hoisin Halibut, Simple Peppercorn Steak and more. **METRO**



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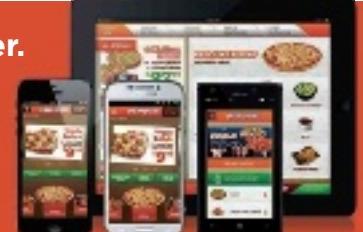


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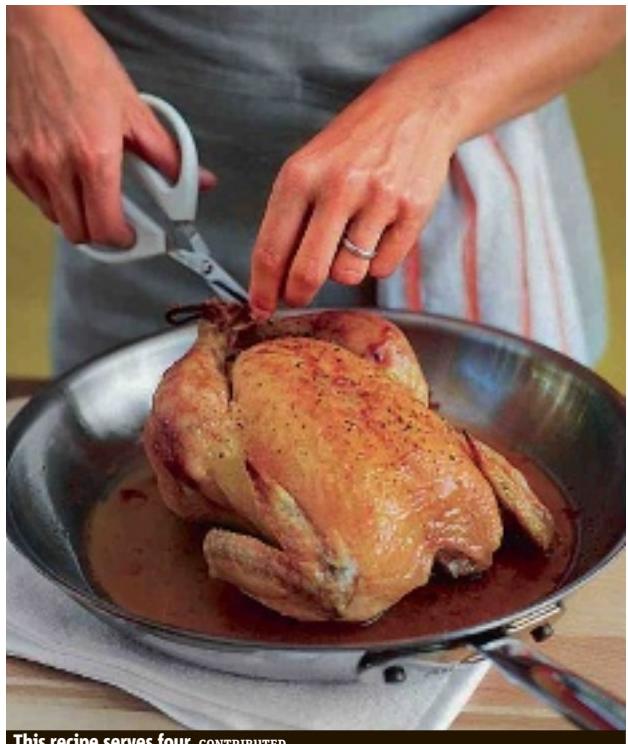
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Back to roasted chicken basics



This recipe serves four. CONTRIBUTED

"This is too easy and essential for the carnivore not to learn. It's the first recipe I teach my Can't Cook friends," writes Jessica Seinfeld in her book *The Can't Cook Book*.

1. Heat the oven (with the oven rack in the middle) to 425 F.

2. Let's get everything ready before you touch the

chicken: wash the lemon and pierce several times with the tip of a paring knife; wash the rosemary sprigs. Set out your oil, salt, and pepper. Keep paper towels handy.

3. Remove and discard the packet of giblets from the chicken. Wash the chicken inside and out and pat dry with paper towels. Measure the oil, then drizzle and

rub it over the chicken. Measure the salt and pepper (about 24 turns on a pepper mill) and sprinkle on the chicken, inside and out. Stuff the lemon and whole rosemary sprigs into the cavity. Snip a forearm's length of kitchen twine and tie the legs together.

4. Place the chicken in the skillet and transfer to

the oven (legs facing back). Roast until an instant-read thermometer reaches 165 F when inserted into the thickest part of the thigh, 50 to 60 minutes (check after 50 minutes). Transfer to a clean cutting board and let rest 5 to 10 minutes before carving. After it's carved, reheat the pan drippings and drizzle over the chicken.

Ingredients and Tools

- 1 lemon
- 3 sprigs fresh rosemary
- 1 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp ground blackpepper
- 1 whole chicken (4 lbs)

Tools

- cutting board, scissors, measuring spoons, paring knife, kitchen twine, large ovenproof skillet, kitchen timer, instant-read thermometer, chef's knife

Don't panic

Washing the chicken definitely freaks some people out, so be sure to keep paper towels

handy for this recipe. Tying the legs together is easy. Carving is a fun adventure.

Side dish. Roasted Asparagus with Lemon

1. Heat the oven (with the oven rack in the middle) to 425 F. Wash the asparagus and snap off and discard the tough bottom end (about 2 inches) from each spear.

2. Place the asparagus in the center of a rimmed sheet pan and drizzle with the oil. Wash and dry the outside of the lemon and grate the zest directly onto the asparagus. Sprinkle with the salt and pepper (about 12 turns on a pepper mill). Toss together with your hands and then spread into a single layer. Roast until just tender, about 10 minutes.



Don't panic

The only challenge here is grating the lemon zest.

Ingredients and Tools

- 1 lb asparagus
 - 1 tbsp extra virgin olive oil
 - grated zest of 1 lemon (about 1 tsp)
 - 1/4 tsp kosher salt
 - 1/4 tsp freshly ground black pepper
- Tools
- rimmed sheet pan, measuring spoons, grater/zester, kitchen timer



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Accessories add polish

Finishing touches. Part 4 of our series on living room decor will help you avoid the pitfalls of choosing pillows, throws, vases, rugs and more



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous in time for the holidays. This week, in our fourth installment, we complete the living room with some classic and not-so-pricy accessories.

Many decorating enthusiasts fare well when it comes to painting their walls and purchasing furniture, but when it comes to accessorizing, they lose control. So here are a few tips on how to incorporate some classic accessories into your living room for a finished

and polished look.

Pillows and throws

- If you have a patterned sofa or chair, then choose monochromatic pillows; allow texture to add interest.
- Down-filled cushions are for comfort, Dacron-filled cushions are for support.
- Measure the depth of your sofa or chair seat cushion; a pillow should never take up more than a third of that depth.
- Firm lumbar pillows (the long skinny ones) act as great lower back support without looking too bulky.

Vases and bowls

- Keep the height of a vase low on the coffee table and higher on end tables.
- A large bowl can act as a catch-all for television converters, cellphones and magazines.
- Vintage-inspired glass accessories look great in contemporary or traditional spaces.

Area rugs

- The front legs of your living room's upholstered furniture should be sitting on the area

rug. If they don't, it's too small.

- An area rug with a centre design pattern works best in a living room.



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Got a plain sofa? Add a patterned rug to wake up the living room. Buzz cotton dhurrie, \$299, cb2.com.



Low vases are best for coffee and cocktail tables. Miramar vase, \$91, crateandbarrel.com.



Pillows become art. Family pillow cover, 12 x 19.5 inches, \$50, zarahome.com.

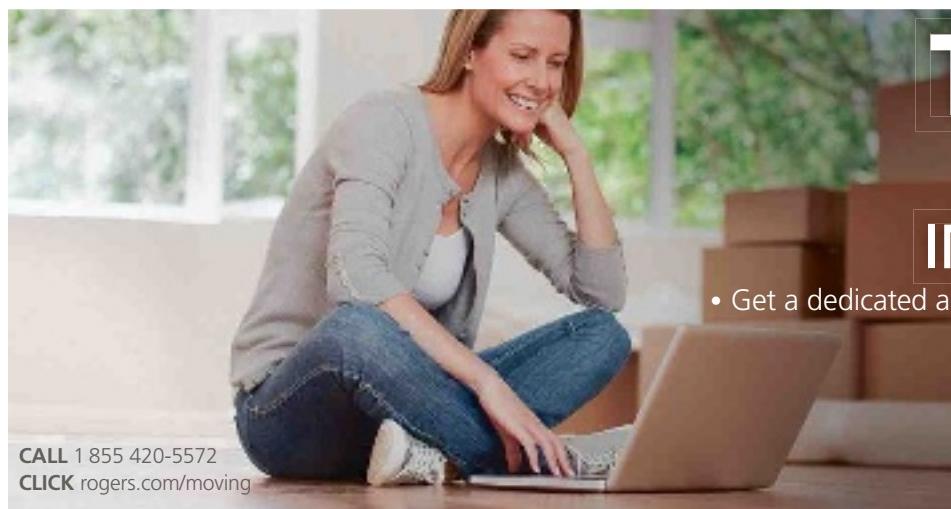
If your living room is void of colour, then add some with an area rug and vice versa.

A few designer rules

- Be consistent with accessory colours used in each room.
- If choosing plain-coloured accessories, then make sure they have texture. This will add interest.
- Place accessories in groupings by area — for instance, the sofa and coffee table area, the mantel and the credenza. Accessorizing vignettes is easier than entire rooms.



Add life to a corner chair (or simply hide a stain). Mohair plaid throw, \$199, zarahome.com.



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MELLOW YELLOW

HOTTEST COLOUR FOR NEXT YEAR

They may call it mellow yellow, but it will liven up homes in 2014. That's because mellow yellow is the hottest colour for 2014, expected to take the spotlight in all areas of interior décor, says leading Canadian paint brand CIL® paint.

"Next year's stand out colour can best be described as a butter cream yellow, a warm pastel shade that has a fullness to it, but is still light enough to act as a neutral," says Alison Goldman, brand manager for CIL paint, a brand of PPG Architectural Coatings, announcing Creamy as the brand's 2014 colour of the year.

"It's a soft, buttery colour that emits a feeling of calm, tranquility and renewal," Goldman says, explaining that people



CONTRIBUTED PHOTOS

today continue to look for new directions to retreat from our busy, connected lives, and mellow yellow creates a stable environment in which to pause and refresh.

Because creamy yellow is so versatile, it is easily incorporated into any décor, Goldman explained. She offers these suggestions on how to bring next year's hottest colour into your home.

ROOM TO GROW

Besides calming our minds, butter cream yellows are said to positively impact our overall well-being. Reminiscent of flowers, the sun and summer, they make us happy and optimistic, and infuse us with a sense of quiet strength and order. Warm yellows are, therefore, a good choice for any room, highlighted both on

the walls and through accessories like pillows, throw rugs and décor items.

MAKE A MATCH

Since warm yellow is an adaptable, soft hue, it works extremely well when paired with other colours. Good combinations include brights of a similar saturation level as well as citrus colours, blues, purples and greens.

STAY NEUTRAL

Being a warm neutral, creamy yellow also works well with other warm neutrals, such as taupes, soft browns and light greys. In fact, Goldman says that warm neutrals from all colour families top the colour chart for 2014.

HOMES WITH THE RIGHT MIX

MODERN FEATURES AND DESIGNS IN A RURAL SETTING

A new housing trend is underway in the National Capital Region — homes with a modern look and the latest amenities located in rural areas. For builders such as Anco Homes, catering to the trend has become an important part of its business.

"Many of our customers want to live outside the city in homes that have the modern designs and features normally found only in urban neighbourhoods," says Jay Meunier, president of Anco Homes. "The houses we're building in Rockland and Wendover, for instance, have just the right mix of location and features."

A relatively small firm specializing in one-on-one service, Anco Homes has seen its reputation grow significantly in recent years. The company works closely with customers throughout the design, construction and after-sales processes to ensure that homes meet their needs. Features such as



CONTRIBUTED

walk-in pantries, modern fixtures, cabinets and fireplaces are increasingly common in the houses Anco builds for its rural customers. Open-concept designs — more typical in urban settings — are also popular.

"We get to know each one of our customers well and take great pride in working closely with them to create their dream home," Meunier says. "Anco builds in a wide range of styles and locations, but we made our reputation with manor-style homes."



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TRENDY NEW ADDRESS

THE BOWERY IN CENTREOWN

There is a new centre of attention in Centretown. The Bowery Condominiums and Lofts is a contemporary new address coming this fall to the corner of Bay and Gloucester. The Bowery will offer a superb selection of modern suites and lofts and a fine roster of lifestyle amenities, starting with Ottawa's most spectacular rooftop pool and lounge, an elegant party room and a full-fledged fitness centre.

Long before Broadway became Manhattan's signature avenue, Bowery Street was New York's most elegant street, lined with grand theatres, soaring banks and fashionable shops. Its post-industrial revivalist architecture featured a timeless façade of brownstone brick and steel.

That distinctive architecture is the inspiration behind The Bowery Condominiums. At 18 storeys, The Bowery has an impressive street presence. But what makes it remarkable is the palette of different materials used to make a statement

of eclectic design.

"We have focused on this juxtaposition of dissimilar materials and textures to demonstrate how old and new can co-exist to the mutual benefit of both," says The Bowery's lead architect Rod Lahey.

Walk through the charismatic entrance doors and you will enter The Bowery's sleek lobby lounge. The space is tall, bright and airy; the ambience sophisticated without being pretentious.

The Bowery's rooftop pool is the ultimate invitation to indulge in sensual seduction. A retractable glass wall opens up during the summer months to the lounging deck with barbecues and Miami-inspired cabanas. Segregated change rooms lead to the pool area as well as a state-of-the-art fitness centre and flex yoga/Pilates studio. The rooftop party room is perfect for hosting small intimate parties or large gatherings.

Equipped with a catering kitchen and bar, a private dining area and swanky lounge-inspired design, the Bowery's party room will be the latest "it" place in town.

In recent years, Ottawa has seen a surge of young professionals flocking



CONTRIBUTED

to Centretown, craving that downtown vibe in a more intimate atmosphere. Centretown is home to some of the finest outdoor amenities found not only in the city, but in the entire nation that makes this the most desirable new neighbourhood in Ottawa.

The Bowery is a signature condo-

minimum from the Richcraft Group, an Ottawa-area builder with a proven reputation for quality construction and enduring value.

Register for a priority preview. Prices start at \$179,000. Grand opening is Nov. 9. Register at thebowerycondos.ca or call 613-695-7577.

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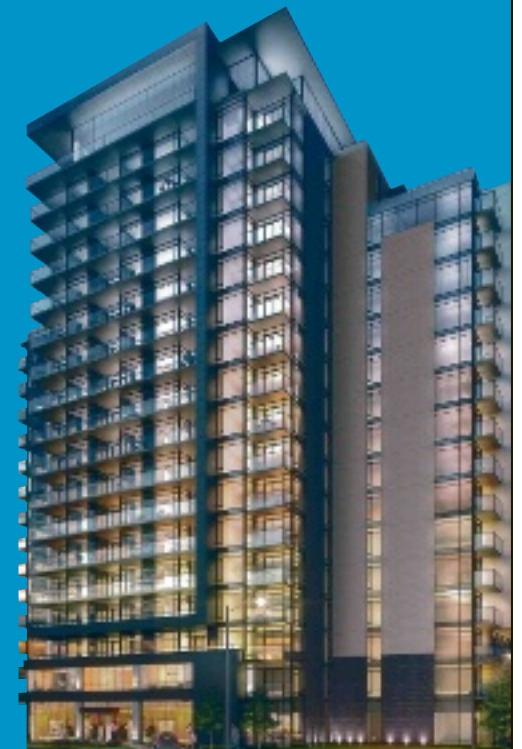
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FIND PEACE AND BALANCE

SEE WHAT CITÄ HAS TO OFFER

The secret to life is balance. There is no better way to find balance than to move into a highly anticipated new development opening Oct. 21 in Alta Vista, just minutes from downtown that is surrounded by green space and incorporates all the lifestyle aspects one would expect in order to find peace.

Citä, by Greatwise Developments, is your private escape from the hard-edged lifestyle of the city.

Citä has all the advantages of condo living nestled in the well sought after neighbourhood of Alta Vista. Located near Playfair and Kilborn Avenue, surrounded by 80 acres of parks and Nature Conservancy of Canada green space, walking and bike trails in this beautiful development offer a private oasis of tranquil living.

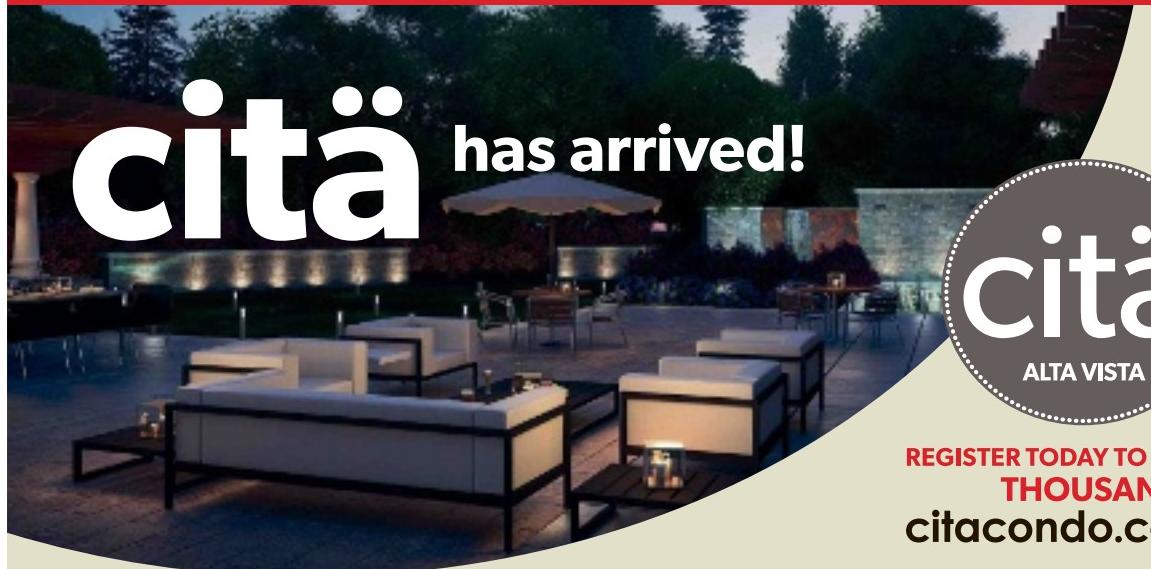
As soon as you step into the Citä you will be awed by the large, two-storey lobby. Residents are welcomed by a concierge in their luxurious entranceway. Intimate seating areas huddled around a euro-style fireplace emphasize a sleek contemporary design.

Citä has everything you need. Work out in the fully-equipped gym and yoga studio, host parties in the kitchen and dining room, invite friends to stay over in the guest suite or enjoy the Canada Day fireworks from the rooftop terrace. On summer afternoons, relax by the reflective pond, meditate in front of the water-wall or dig in your own urban garden.

Escape the noise, the traffic, the bustle of city life, and find your inner peace in your new home at Citä. There are a wide variety of layouts including studio, one bedroom, one bedroom plus den, or two bedrooms with a family room. All units have large balconies or ground floor terraces. Designer kitchens will feature distinctive choices of cabinetry, quartz or granite countertops, and sleek glass backsplash options. With prices starting as low as \$199,900, you can't afford not to take advantage of all the Citä has to offer.

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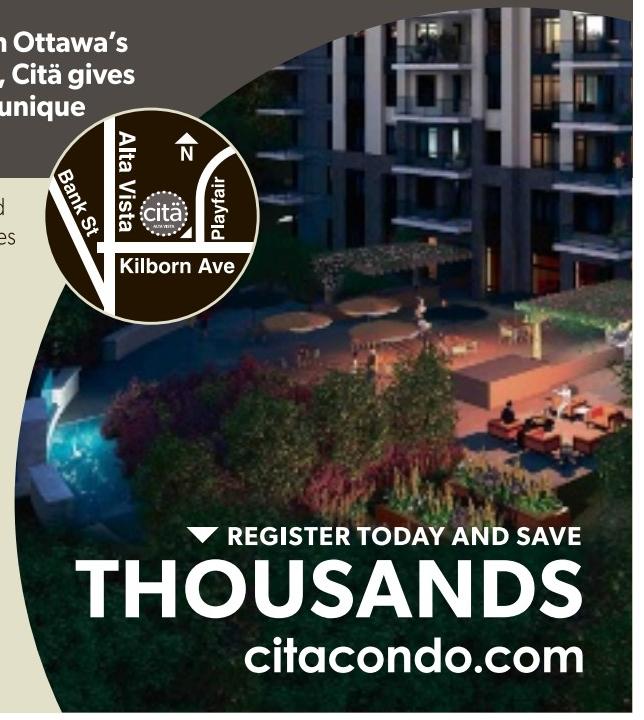
MOTHER NATURE'S PLAYGROUND! Nestled in Ottawa's much sought-after Alta Vista neighbourhood, Citä gives you all the advantages of condo living with a unique focus on your life beyond your condo.

Discover the incredible joys of nature by the butterfly garden and walking trails. Then grab a few fresh herbs and organic vegetables at your personal farming plot while you prepare a special dinner in the demonstration kitchen and dining room. Enjoy al fresco dining under the stars then head to the rooftop terrace to relax with a view of the city lights.

Citä is your home for living well.

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Citä is located at Playfair and Kilborn Ave. adjacent to Grasshopper Hill Park.



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FALL FOR CHARM OF SUMMERHILL

Samcon, one of Montreal's most prestigious builders and developers, along with the Bennett Property Shop Realty, one of Ottawa's premier boutique brokerages, is unveiling its newest project in Ottawa — the Summerhill. This is a one-of-a-kind opportunity for anyone looking to buy in the Dow's Lake neighbourhood.

Summerhill is a two-phase development located only steps from one of Ottawa's hottest neighbourhoods, Little Italy, and minutes from the always desirable neighbourhoods of the Glebe and Dow's Lake. Phase 1 is a boutique building, which consists of six storeys and only 39 suites. Unlike highrise condominiums, Summerhill is quaint and intimate, providing you with the opportunity to meet your neighbours. You will immediately fall for the charm of this unique signature building.

Take one look at these stylish modern condos and you will be immediately impressed with the exceptional level of care invested in this building. Each condo has been designed with two distinct colour palettes, which are organic in nature and provide a seamless flow, creating a holistic sense of pleasure, serenity and sophistication. Expansive windows invite an abundance of natural light throughout all the units. Sleek hardwood, large kitchen islands, quartz countertops and stainless steel appliances all create a chic and modern feel. Take in a deep breath and admire the spacious and open-concept living space. For your safety and convenience there is also underground parking.

At Summerhill, your space doesn't end within the four walls — each unit has a large outdoor terrace, roughly 100 square feet, offering spectacular views of Dow's Lake and the city.

Summerhill is truly in the heart of it all. Minutes from downtown, this ideally located building is only steps away from transit, Highway 417, speciality shops, world-class restaurants and comedy clubs.

Summerhill offers a wide variety of pricing and flooring plans. One-bedroom suites with 684 square feet start at only \$290,000. The penthouse collection is one of a kind. Starting at \$593,700 for 1,224 square feet, these units offer spectacular views of the city, large terraces and spacious floor plans.

Stop by the Summerhill sales office to take advantage of the grand opening special and choose from one of the 39 luxuries suites. Or call Bennett Property Shop Realty, which is the exclusive condo sales team, at 613-233-8606. The office is located at 190 Lisgar St., and is open Monday to Wednesday from noon to 5 p.m. Or visit summerhilldowslake.com.

CONDO LIVING AND THE SINGLE WOMAN

Every day, we see intelligent, independent and motivated women who are no longer waiting for the perfect partner before settling down — they are taking the reins.

Nearly one-third of Canadian women will purchase their own first home. Some are young women just starting out, while others, with a wealth of experience behind them, are looking for a place to call their own after divorce or widowhood.

Thankfully, the old-fashioned stigma about being single has gone out the window. There is no denying that, financially, double-income purchasers have an advantage — most single women aren't prepared to spring for a giant house complete with a giant mortgage. But the great news is that the Ottawa market is popping with incredible condominium options. New condos of every description — traditional, open-concept, townhome, loft-style — are available at a variety of price points.

Many of today's condos put emphasis on features that may have been overlooked by builders in the past — terrific closet space, for instance, more expansive



CONTRIBUTED

kitchens and deep, soaker baths.

Security is a major concern for many single women. Condominiums can provide this in varying degrees, from buzzer systems to security cameras to 24-hour

concierge service, depending on your personal comfort level. That's something a traditional suburban home simply can't offer.

In accordance with your monthly

condo fees, amenities may range from basic to over-the-top. Many women opt for condos with equipped gyms, allowing them to forgo the cost of a gym membership and to work out in the comfort and safety of their own buildings. Party rooms are another popular amenity — by reserving these spaces for special occasions, a woman needn't feel that she can't entertain in large numbers because her living room is too confined.

After a long day at work, most of us would rather not scoop leaves from the eavestroughs. A lot of single women — and men, too — are drawn to condos for the maintenance-free lifestyle they offer.

Finally, condos tend to be situated in vibrant neighbourhoods and to attract people with similar lifestyles. After all, single isn't a synonym for isolated. Condominium living offers the comfort of knowing you are surrounded by neighbours and, at its best, provides a sense of genuine community.

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— Marnie Bennett, broker

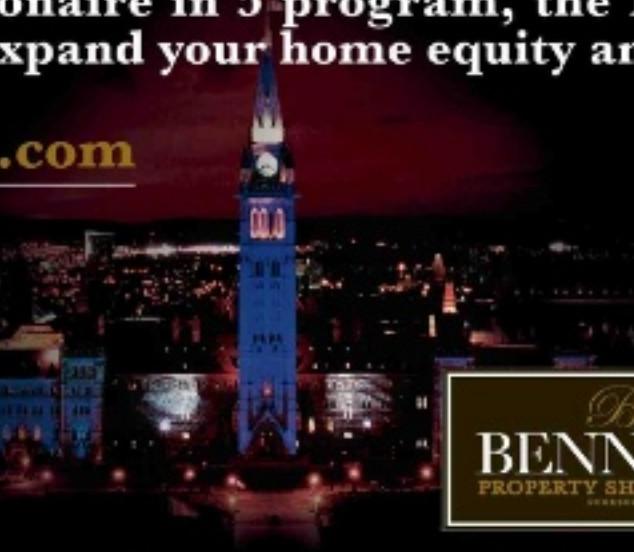
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As a new homeowner, your budget may be feeling the pinch, but spare no expense on luxurious bed linens. They are one of the most important design elements in a guest room. CONTRIBUTED



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Make your guests feel right at home

Moving into a new home that has a guest room is a good opportunity for new homeowners to experiment with decorating — an audition of sorts — for design aspects you may want to incorporate into rooms you use daily, but are unsure about.

Here are a few tips for designing a welcoming and inviting guest room.

The focal point of your spare bedroom will always be the bed, so make it fantastic.

If you have hardwood floors, go for a classic country brass bed set atop a vintage rug. Canopy beds, sleigh beds, and trundle beds all make excellent choices.

As a new homeowner, your budget may be feeling the pinch, but spare no expense on luxurious bed linens. They are one of the most important design elements in a guest room, and function accompanies form.

Whether you choose vintage crocheted spreads or something with more of a modern flair, a watercolour palette works well.

Country coastal designs

Centrepiece

"The focal point of your spare bedroom will always be the bed, so make it fantastic."

are currently all the rage. The palette should include muted hues and natural beach colours — seashell reminiscent peaches and pinks, sky blues, sea-foam greens.

A touch of yellow, coral or

lavender will invoke the feel

of sunset on a beach.

Consider a white/sand palette

for walls and furniture,

allowing the linens and accessories to

provide welcome bursts of

colour.

If the room is generously sized, try to appoint it with as many of the comforts of home that will fit comfortably.

A bistro table and a few stools will be appreciated at breakfast time, or should your guest indulge in afternoon tea or a midnight snack.

A coffee maker in the room with single serving

pouches, hotel style, makes a thoughtful addition, though, of course, you will want your guests to always feel comfortable joining you for a cup.

Be sure to provide a comfy chair or chaise, ideally in a neutral shade, to work with a wide range of colour palettes should you choose to switch out the linens and pillows. A lamp and a small incidental table by the chair will turn it into a perfect reading nook.

A media centre replete with television, DVD player, stereo, and radio, along with a small, eclectic media library, can make all the difference in a standout guest room.

A bookcase filled with some classics as well as lighter fare is yet another thoughtful amenity for your visitor.

Soothing country coastal decor evokes fond memories of beach holidays, and spending time in a well-appointed guest room means enjoying the little luxuries of a bed and breakfast while enveloped in the comfort that only a friend or family member can provide.

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Colts owner defends his comments on Manning

NFL. Irsay tweets that the team could have won more championships had its special teams and defence been stronger

Indianapolis owner Jim Irsay backed down a bit after Broncos coach John Fox and former Colts general manager Bill Polian used the same platform to say Irsay was wrong in both his facts and opinions.

comments critical of Peyton Manning.

Fox used his weekly SiriusXM NFL Radio appearance Tuesday to criticize the Colts' owner for sounding ungrateful for all Manning did for his team and city, including winning a Super Bowl in 2007, and Polian used the same platform to say Irsay was wrong in both his facts and opinions.

After a series of tweets defending himself Tuesday night, Irsay took to Twitter on Wednesday to say he meant

that if the Colts had given Manning better special teams and defence, they could have won more than one Super Bowl, instead of asking the quarterback to do too much.

He added that he found it hard to see how anyone could misinterpret his comments, but controversy sells, so he understands why people try to stir things up.

In a conference call with Denver media Wednesday, Colts coach Chuck Pagano said Irsay harbours no ill will

toward Manning.

"I don't think there's anybody that Mr. Irsay respects and cares for more than Peyton," Pagano said. "What can't you say about Peyton? What he's done for this organization, what he's done for the city, our fans — what he's done for football — it's off the charts. And certainly all I know is that our owner has the utmost respect and love and passion for that guy and always will."

THE ASSOCIATED PRESS

Quoted



"You know, Peyton would never say anything because he's too classy to do that."

Broncos coach John Fox criticized Colts owner Jim Irsay for saying that the team could have enjoyed more success during Peyton Manning's time in Indianapolis.

4 SPORTS



Dodgers go deep four times to stave off elimination

Adrian Gonzalez admires one of his two solo home runs for the Dodgers in their 6-4 win over Cardinals on Wednesday in Los Angeles. Carl Crawford and A.J. Ellis also went deep for the Dodgers, who trimmed the Cards' lead to 3-2 in the NL championship series. The best-of-seven series shifts back to St. Louis for Game 6 on Friday night. **JEFF GROSS/GETTY IMAGES**

NFL. Bills' Manuel out for another 4-6 weeks

Buffalo Bills rookie quarterback EJ Manuel is expected to miss another four to six weeks now that he's begun rehabbing his sprained right knee.

Coach Doug Marrone was able to provide a more definitive timetable on Manuel's recovery Wednesday after consulting with team doctors. Manuel began working out on his own Tuesday for the



EJ Manuel
GETTY IMAGES
THE ASSOCIATED PRESS

first time since being hurt in a loss to Cleveland on Oct. 3.

Thad Lewis is set to make his second consecutive start Sunday, when Buffalo (2-4) plays at Miami (3-2).

Entering the Hall of Fame



"I thought I was dreaming obviously — and I still am."

Curley Russ Howard describing his reaction to the news of his naming into Canada's Sports Hall of Fame. Joining Howard in this year's class of athletes are former NHL star Joe Sakic, cyclist Alison Sydor, five-time Paralympian Andre Viger and the 1992 Olympic champion women's coxless four rowing team of Kirsten Barnes, Brenda Taylor, Jessica Monroe-Gonin, Kay Worthington and Jennifer Walinga.

NHL. Kane grounded in practice with leg injury

Winnipeg Jets forward Evander Kane was being assessed by a doctor Wednesday after hurting his leg in practice.

Kane got tangled up along the boards with Anthony Peluso, and Peluso appeared to fall on Kane's right leg.

Kane was seen holding his leg in pain and he was helped off the ice.

Coach Claude Noel described the injury as a "tweak,"

Stat line through 7 games

In the Jets' first seven games of the season, Evander Kane has recorded three goals and two assists.

but said Kane is listed as day-to-day until they have him assessed and find out the seriousness. **THE CANADIAN PRESS**

Senators ready to return home after rough road run



Cory Conacher celebrates his game-winning goal against the Coyotes with teammate Colin Greening during overtime on Tuesday in Glendale, Ariz. The Sens open their home season on Thursday. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Ottawa makes up for slow start with OT win vs. Coyotes Tuesday ahead of home opener

Downcast before the final game of what had been a difficult road trip, the Ottawa Senators found a way to dig out a little momentum in the desert before heading home.

Cory Conacher scored at 2:48 of overtime, Jason Spezza completed a natural hat trick to erase a two-goal deficit and the Senators ended a four-game losing streak with a 4-3

Hometown glory

"We're excited to play in front of our fans, see our families, play in our own arena."

Jason Spezza, who scored a hat trick on Tuesday, on Thursday's home opener

win over the Phoenix Coyotes on Tuesday night.

"We came into this game with a little different attitude and it showed in most parts of the game," Conacher said. "Obviously, we took five to 10 minutes off and they got a couple of goals, but for the most part I think that we showed we can be a really good team."

Ottawa had gone through a rough opening stretch of the season, following a win over Buffalo with a 0-2-2 run heading into Tuesday's game.

The players talked after their morning skate about trying to end the road trip on a positive note and did just that, rallying from a 2-0 deficit behind Spezza's fifth career hat trick.

Even after Phoenix tied it late in regulation, the Senators didn't let down, pulling out the two points on Conacher's one-timer on a pass from Marc Methot in the extra period.

THE CANADIAN PRESS

NHL. Avalanche's Roy cools off to help his team warm up to record start

Patrick Roy has been way more composed than combustible on the bench through the Colorado Avalanche's sizzling start to the season.

Then again, there hasn't been much that has gone wrong for the goalie-turned-coach who is well known for his fiery personality.

Sure, there was that meltdown in his first game in charge when he nearly crashed through a glass partition during an argument with Anaheim's Bruce Boudreau following a 6-1 win. Other than that, he's been fairly mild-mannered.

Roy's players certainly don't view him as volatile so much as an invigorating presence that's ignited a much-needed spark. Behind Roy, the team is 6-0 and can match the best start in franchise history with a win over the Detroit Red Wings on Thursday night.

"There's never panic with him," forward Matt Duchene explained. "We could be playing awful, be down a bunch

Full circle

With a win Thursday, Roy would break the mark for most NHL wins to start a coaching career. He shares the record with Mario Tremblay, who won his first six games with Montreal in 1995-96, a team Roy played for before being dealt to the Avalanche that season after a falling out with Tremblay.

of goals and he doesn't really panic that much. It's nice to have a guy like that behind you."

This is the nurturing side of Roy, instilling confidence through compliments. He actually gave the team a break from the ice Wednesday because he thought they were looking a little tired.

"He knows how to win and he's won before, so that jolt of energy has done a lot for us," defenceman Erik Johnson said.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt		GP	W	L	OL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12	d-San Jose	6	6	0	0	0	30	9	12
d-Pittsburgh	6	5	1	0	0	23	15	10	d-Colorado	6	6	0	0	0	21	6	12
Detroit	7	5	2	0	0	18	16	10	Chicago	6	4	1	0	1	18	15	9
Montreal	6	4	2	0	0	20	10	8	Phoenix	7	4	2	1	0	20	21	9
Tampa Bay	6	4	2	0	0	23	15	8	St. Louis	5	4	1	0	0	21	13	8
Carolina	7	2	2	1	2	15	21	7	Anaheim	5	4	1	0	0	18	12	8
Boston	5	3	2	0	0	12	8	6	Calgary	5	3	0	1	1	18	17	8
Ottawa	6	2	2	1	1	15	19	8	Vancouver	7	4	3	0	0	20	22	8
NY Islanders	6	2	2	0	2	19	17	6	Minnesota	7	3	2	1	1	17	17	8
Columbus	5	2	3	0	0	12	12	4	Los Angeles	7	4	3	0	0	17	19	8
Washington	6	2	4	0	0	17	22	4	Nashville	6	3	3	0	0	13	18	6
Florida	7	2	5	0	0	16	28	4	Winnipeg	7	3	4	0	0	17	19	6
New Jersey	6	0	3	1	2	11	21	3	Dallas	5	2	3	0	0	11	14	4
Buffalo	8	1	6	1	0	11	21	3	Edmonton	7	1	5	1	0	21	32	3
NY Rangers	5	1	4	0	0	9	25	2	d — division leader; x — clinched playoff berth.								
Philadelphia	7	1	6	0	0	10	20	2									

Wednesday's results

NY Rangers at Washington

Calgary at Anaheim

Tuesday's results

Toronto 4 Minnesota 1

Pittsburgh 3 Edmonton 2

Vancouver 3 Philadelphia 2

Ottawa 4 Phoenix 3 (OT)

San Jose 6 St. Louis 2

Colorado 3 Dallas 2

Nashville 4 Florida 3

Tampa Bay 5 Los Angeles 1

Chicago 3 Carolina 2 (SO)

Buffalo 4 NY Islanders 3 (SO)

Montreal 3 Winnipeg 0

Detroit 2 Columbus 1

Thursday's games

All times Eastern

Vancouver at Buffalo, 7 p.m.

Edmonton at NY Islanders, 7 p.m.

Carolina at Toronto, 7 p.m.

Pittsburgh at Philadelphia, 7 p.m.

Minnesota at Tampa Bay, 7:30 p.m.

Columbus at Montreal, 7:30 p.m.

New Jersey at Ottawa, 7:30 p.m.

Boston at Florida, 7:30 p.m.

Los Angeles at Nashville, 8 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt		GP	W	L	OL	SL	GF	GA	Pt
x-Toronto	15	9	6	0	425	394	18		x-Calgary	15	12	3	0	486	349	24	
x-Hamilton	15	8	7	0	384	401	16		x-Saskatchewan	15	10	5	0	433	325	20	
Montreal	15	6	9	0	376	419	12		x-B.C.	15	9	6	0	421	390	18	
Winnipeg	15	3	12	0	313	486	6		Edmonton	15	3	12	0	349	423	6	

CFL

WEST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

x-Calgary 15 12 3 0 486 349 24

x-Saskatchewan 15 10 5 0 433 325 20

x-B.C. 15 9 6 0 421 390 18

Edmonton 15 3 12 0 349 423 6

x — clinched playoff berth.

Friday's game — All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's games

Toronto at Winnipeg, 3:30 p.m.

B.C. at Saskatchewan, 7 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

NFL

Thursday's game — All times Eastern

Seattle at Arizona, 8:25 p.m.

Sunday's games

Cincinnati at Detroit, 1 p.m.

San Diego at Jacksonville, 1 p.m.

St. Louis at Carolina, 1 p.m.

Chicago at Washington, 1 p.m.

New England at N.Y. Jets, 1 p.m.

Buffalo at Miami, 1 p.m.

Dallas at Philadelphia, 1 p.m.

Tampa Bay at Atlanta, 1 p.m.

San Francisco at Tennessee, 4:05 p.m.

Cleveland at Green Bay, 4:25 p.m.

Houston at Kansas City, 4:25 p.m.

Baltimore at Pittsburgh, 4:25 p.m.

Denver at Indianapolis, 8:30 p.m.

Monday's game

Minnesota at N.Y. Giants, 8:40 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)

Wednesday's result

L.A. Dodgers 6 St. Louis 4

Tuesday's result

St. Louis 4 L.A. Dodgers 2

Friday's game — All times Eastern

L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Boston leads 2-1)

Wednesday's result

Boston at Detroit

Tuesday's result

Boston 1 Detroit 0

Inspired by Real Collector Stories*

October 1, 2013

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